



April Events

-  Monday - Friday, 11:00am
Congregate Luncheon
-  Wednesdays, 8:30am
Market Day & Food Bank
-  Wednesday, 4:00pm-9:00pm
Melville Tavern
-  Thursday, 11:00am-12:30pm
Spring Luncheon & Dance
-  Tuesday, 12:30pm-1:30pm
Let's Talk MST!
-  Tuesday, 3:00pm-4:30pm
Parkinson's Guest Speaker
-  Wednesday, 5:30pm-7:00pm
Learn the Basics of Medicare
-  Tuesday, 1:00pm-3:00pm
Golden Connections
-  Wednesday, 8:00am-11:30am
Treasure Sale
-  Thursday, 12:00pm & 5:00pm
Estate Planning Seminar
-  Tuesday, 1:00pm-3:00pm
Barbie
-  Thursday, 11:00am-12:30pm
Birthday Bash
-  Monday, Served promptly at Noon
Chefs' Choice Special Lunch

Dear Community Members,

As we welcome the blossoming beauty of spring, I want to thank you for becoming members of the Meals on Wheels community and offer a heartfelt invitation to others to join us as members and supporters of Meals on Wheels and our Community Center.

Within our welcoming walls, there's a place for everyone to participate in enriching activities, forge meaningful connections, and make a real difference in the lives of our neighbors. If you are passionate about lending a helping hand, exploring new hobbies, or simply seeking camaraderie and a delicious meal, we welcome you to join our wonderful community.

April is National Volunteer Month and I want to express my deepest gratitude for the invaluable services volunteers provide for us. Their selfless dedication and tireless efforts ensure that we can continue to provide compassion, care, and nutrition to our neighbors. Whether you are delivering meals with a smile, helping in our kitchen, supporting activities at our Community Center, or offering other services, your generosity touches the hearts of those we serve in profound ways. Thank you for embodying the spirit of community and for being the backbone of our organization.

While we embrace the vibrant spirit of spring, let us come together to celebrate the joys of friendship, growth, and giving back. We invite you to attend a class, support one of our community events listed in this newsletter, or simply enjoy a meal with friends as your presence adds warmth and vitality to our community. Together, let us cultivate a season of renewal and connection, where everyone feels valued, supported, and empowered to make a positive impact.

With heartfelt appreciation to you all,

Christine Winge
Executive Director





Inside this issue

Calendar	1
2023 Estate Planning Seminar/ Impact Report	3
Volunteer Spotlight -	4
Community Center Happenings	5
Wheels In Motion	7
Community Services	8
Special Interest	9
Class Offerings & PG Adult School	10
Independent Instructors	11
Menu/Luncheon News	insert

Board of Directors

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

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Estate Planning Seminar

Thursday, April 18 • 12:00pm & 5:00pm

Meals on Wheels of the Monterey Peninsula is hosting a planning seminar offered at no cost to friends of **MOWMP**.

This seminar led by an estate attorney and financial advisor, will provide helpful information about wills, trusts, advanced health care directives, powers of attorney, and more.

Whether you are creating a will or trust for the first time or if you need to update your existing plans, we can help you secure the future of you loved ones and a legacy of impact!

For additional information contact: **Jacob Shafer**
at jshafer@mowmp.org or 831.375.4454 x120

2023 Annual Impact Report

I'm happy to announce our **2023 Annual Impact Report**, which provides a snapshot of the incredible effect that donors' gifts have on our clients' lives. The report includes programmatic data as well as client, donor, and volunteer stories. I hope you find it as moving as I did.

As a supporter, you create the far-reaching impact outlined in this report, and I want to thank you for your generosity and care. It is my honor to partner with **MOWMP's** community of Donors, Volunteers, Board, and Staff in the work of advancing the mission of feeding people in our community. I am excited to continue to work alongside you in 2024.

In gratitude,
Jacob S. Shafer
Senior Director of Advancement



Special Event

Woman of the Year COCKTAIL PARTY

Sunday, May 5 From 4PM-8PM

\$150 Per Person

Monterey Marriott

Ferrantes Bay View Ballroom

HONOREE

Tamie Acres

Sip on tantalizing libations and savor an array of mouthwatering dishes expertly crafted by notable chefs with wine and cocktails to delight your palate and elevate your spirits.

Come together with friends, family, and fellow supporters to celebrate the resilience, strength, and achievements of one extraordinary woman in our community.

Let's drive out hunger and isolation together.



Scan the QR code to register.
PLEASE REPLY BY FRIDAY, APRIL 26



Community Center Membership

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

Join or Renew Your Annual Membership Today!

mowmp.org/membership

Community Center Happenings

Make Every Bite Count

Wednesday, April 3 • 4:00pm–9:00pm

Grab your friends, family, and neighbors and head to Melville Tavern for a great meal and to support a great cause. A portion of your check that evening will be donated to **MOWMP**.

Reservations not required, but recommended.

831-643-9525 • melvilletav.com • 484 Washington St., Monterey



Columbia Shop to Support

Saturday, April 6 - Sunday, April 14

Columbia Sportswear store at the Del Monte Shopping Center is partnering with us. Shop there between **April 6–14**, and they will donate **10%** of your total purchase to **MOWMP**. Just show coupon (available at Front Desk), this newsletter, or mention this event or **MOWMP** at checkout.

Monterey Parkinson's Support Group

Tuesday, April 9 from 3:00pm–4:30pm

"Staying Safe in the Hospital with Parkinson's Disease" presented by Steve Magee, PWP diagnosed in 2013, a semi-retired family physician, who had DBS surgery in 2021. He will review how to use the Parkinson's Foundation Hospital Safety Guide toolkit to improve your care and avoid complications if you have to go into the hospital with Parkinson's disease. People with Parkinson's (PWP) and their care partners are welcome to attend.



Learn the Basics of MEDICARE

Wednesday, April 10 • 5:30pm–7:00pm



Join us for an illuminating session, presented by Alliance on Aging and The Health Insurance Counseling & Advocacy Program (HICAP). Learn about Medicare essentials: Part A, Part B, Part D, Part C Advantage Plans, Supplemental Plans, Penalties, and Low-Income Assistance Programs. Whether you're new to Medicare or assisting others, gain invaluable insights! Call Celeste Rualizo at 831-655-7567 for questions. **Sign up at the Front Desk.**

Community Center Happenings

Golden Connections

Tuesday, April 16 from 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 concerned about the growing issue of lack of affordable housing in our community, join us for our monthly get-together.



Treasure Sale

Wednesday, April 17 • 8:00am–11:30am

Shop for treasures while supporting Community Center programs. Check in at the Front Desk for a list of items accepted for the sale.

Donations accepted: **Monday, April 15 from 8:00am–3:30pm** and **Tuesday, April 16 from 8:00am–2:00pm**

MOVIE: Barbie

Tuesday, April 23 • 1:00pm–3:00pm

Sign up at the Front Desk

Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans.



Veteran Recognition Ceremony Presentation

Thursday, May 2 from 10:00am–11:00am

Randy Kanouse leads a presentation on Veteran Recognition Ceremonies. This program performs special, personalized ceremonies to honor our military veterans. These ceremonies provide an opportunity to tell the story of a proud veteran for their family and close friends, recounting the highlights of their experience. Initially designed for veterans in hospice care, these ceremonies now honor all veterans.

Community Center Happenings



Wednesdays
8:30am until gone

Food Bank Distribution

Pick up a variety of fresh, nutritious produce and bread for free. Quantities are limited each week, so we kindly ask that you take only what you need.



Wednesdays
8:30am–10:30am

Market Day

Weekly special on the freshest seasonal produce from local farms. For over 20 years the volunteer run Market has been a must stop for neighboring seniors.



Sustainable Monterey County
Community Gardens

Every other
Wednesday
8:30am until gone

PG Community Garden **Distribution**

Gardening enthusiasts Heidi Feldman, Keith & Ann grow organic greens in the Community Garden to share with the seniors in their community and at the Center.



Bag Donations Needed

Please donate paper grocery bags with handles. 550 bags are needed each workday to deliver meals for our homebound clients – that is 2,750 bags per week!

The United Way Monterey County's **One Call Away** 48th Annual Live United Awards celebrates and recognizes volunteers for their contributions to our community.



United Way
Monterey County

This year, **MOWMP** volunteer group of 500+ volunteers has been nominated for Outstanding Group!

Volunteering is the act of rendering selfless service to a cause. It involves giving time to a good cause, specifically to help an organization, your community, or an individual. It's a way to contribute to the well-being of others and create a sense of fulfillment.

As we enter into **National Volunteer Month**, I would like to take this opportunity to THANK our 500+ volunteers for their selfless acts of kindness they provide our clients and our members day in and day out.

Susan Elwood
Recruitment and Outreach Manager

Community Services

Let's Talk MST!

Tuesday, April 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.



Senior Benefits Checkup

Thursdays, April 25

9:30am–11:00am by Appointment



Support for seniors just got easier with Senior Benefits Checkup Appointments by the Alliance on Aging. This personalized assessment ensures you receive access to a range of benefits and services. Learn about food support from Cal Fresh, explore transportation options, and investigate Home

Energy Assistance and programs to lower Medicare costs, and reduce your financial burdens.

Spots are limited, so don't delay! Contact Reyna at 831-655-7562 or Jackie at 831-655-4247 at the **Alliance on Aging** to schedule your Senior Benefits Checkup Appointment today.

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**



Tax Assistance

Thursdays & Fridays by Appointment



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

Alliance on Aging manages and schedules appointments for the program. For more information or to request an appointment, contact Alliance on Aging directly by calling **831-655-1334** or **831-758-4011**. Leave a message with your name, phone number, and city of residence. An Alliance on Aging Staff member will get back to you. Please leave only one message.

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.



Movement to Music

Tue & Thu, 9:30am–10:20am
Suggested \$5/class donation to instructor. Register in class.
MaryAnn, Instructor.

Ping Pong*

Monday, 1:00pm–3:00pm
Tuesday, 10:30am–11:30am
Thursday, 10:30am–1:30pm
Friday, 1:30pm–3:30pm

*Please note: time & day
subject to change

Walk for Health

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



Monterey Peninsula Toastmasters

Thursdays, 6:45am–8:00am

Monterey Peninsula Toastmasters will give you the skills and confidence you need to effectively express yourself in any situation. By learning to effectively formulate and express your ideas, you open an entirely new world of possibilities.

You'll be more persuasive and confident when giving presentations, and you'll improve your one-on-one dealings with others. Since 1951, **Monterey Peninsula Toastmasters** has been helping people become more confident and better leaders. Isn't it time you tried Toastmasters? The only thing you have to lose is your fear of public speaking! For more information, visit montereypeninsula.toastmastersclubs.org

Pacific Grove Adult School

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 • pgadulthood.pgusd.org



No classes April 8 - 12

Marta's Class Schedule

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.

Circuit Training

Monday, Wednesday & Friday

9:00am–10:00am

This workout combines strength, balance & endurance in a creative & flexible routine.
Standing & mat exercises incorporated.

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.

Line Dancing w/Belle

Wednesdays, 4:00pm–5:30pm

Kick up your heels and join the fun!
Beginner & Intermediate dancers welcome.



Donate Your Used Eyeglasses

An estimated 120 million people are visually impaired. Almost all cases can be corrected and normal vision can be restored with eyeglasses, contact lenses or refractive surgery. Bring your used eyeglasses for the Carmel Host Lions Club collection, **Lions Recycle for Sight**. A collection box is located at the back of the Community Center under the Center's Bulletin Board.

Independent Instructors



Chair Yoga with Gina Pucinelli

Tuesdays, 1:00pm–2:00pm

Class is limited to 18 students.

Fee paid to instructor, \$8 per class



**Voted Best Yoga
instructor by Monterey
County Weekly readers!**

Discover safe and gentle movement therapy using a sturdy chair. This class provides the participant with a variety of yoga poses to lubricate joints and find flexibility and strength. Gina Puccinelli is known for her calm voice, and 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.

Gratitude and Empathy Group facilitated by Ted Hill

Monday, April 8 & 22 • 10:00am–11:30am

In this group, we 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 facilitate connection, support, empathy, and safety. We foster acceptance, tolerance, and appreciation of the similarities and differences in the ways that we approach life and look at situations.

Based on the principles of Nonviolent Communication (NVC), developed by Marshall Rosenberg, Ph.D., this fun and enlivening class will assist you in connecting with others in a more meaningful and harmonious way. **RSVP at the Front Desk.**



The Belly and its Power

Thursdays, 10:15am–11:15am

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. Suggested donation of **\$5** to MOWMP Community Center. **Sign up at the Front Desk.**

Tech Coaching by Robin

2nd Tuesday of every month 11:00am–1:00pm

Robin is here for face to face assistance with your iPhone, iPad, or PC questions.



THE GRIFFIN GAZETTE

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**The emergency is over,
but COVID is not gone.**

For more information visit
mowmp.org/vaccination