



# Griffin Bulletin

MEALS ON WHEELS OF THE MONTEREY PENINSULA



## JULY 2009

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## “Wired at 60” AT&T Sponsors 4-Part Program

“Wired at 60” will provide educational workshops, computers for our center, two months of the Griffin Bulletin newsletter, and support for a week of home delivered meals.

### Thank You, AT&T!

Mark your calendars for the next two sessions of “Wired at 60. If you let us know you are coming, we will have an idea how many chairs to set up.

#### Text me, text me not!

July 16, at 1:00 p.m.

#### Mobility in the Digital Age

It's a wireless world. This workshop will teach participants how to get the most out of their cell phones and other digital equipment. **Bring your cell phone to class.**

#### Safety Net - Fast Forward

August 6, at 1:00 p.m.

**Safety Net:** Seniors are concerned about their personal safety and privacy. Technology, when properly applied, connects people with their caregivers and medical resources. They will also learn how to protect themselves and their privacy while using telephones and computers.

**Fast Forward:** Open up the remarkable world of cutting edge technology and look to the future of communications inventions. Today's older adults are able to share live conversations with camera to camera video to stay in touch with family and friends.

### MEALS FOR MEN

Back by Popular Demand  
Details to be Announced.

**JULY 23**

3 pm – 5 pm

RSVP at 375-4454

### BUNCO

- \$10/per person
- Buy a ticket to play.
- No skill required!
- Snacks & Prizes
- **JULY 31, 5 pm**

### THINGS WE NEED::

Blood Pressure Cuff  
Volunteer Drivers  
Computer-Saavy Office Volunteer  
for Development Tasks.

### Meals on Wheels of the Monterey Peninsula

Sally Griffin Active Living Center

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