



# Griffin Bulletin

MEALS ON WHEELS OF THE MONTEREY PENINSULA



## MARCH 2010

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**Friday Mornings:**  
**Coffee & Conversations**  
8:30 a.m. – 9:30 a.m.

Hot coffee and treats to nibble.



## Get Your Tickets NOW! Saint Patrick's Day Luncheon!

March 17                      11:30 – 1:30

Tickets are available at the Reception Desk.

\$3.50 for Seniors over 60.

\$6.50 for everyone else

We have had a long string of rainy afternoons this winter and the sky has produced a number of spectacular rainbows. Wouldn't it be great to follow the arching colors and discover a pot of gold at the end?

We may never find a magical treasure or trick a Leprechaun into donating to our coffers, but take a positive look at all of the "Good Luck" we have in our lives.

Right here at the Sally Griffin Active Living Center we have a

- ❖ wealth of friendly people
- ❖ countless opportunities to learn, play, and volunteer
- ❖ diverse backgrounds and cultures to share
- ❖ and a place where you can receive as well as give to your community.

Maybe **we are** the pot of gold at the end of the rainbow! Thank you for being members and supporting our Griffin Center community!

**Meals on Wheels of the Monterey Peninsula**

**Sally Griffin Active Living Center**

700 Jewell Ave. Pacific Grove, CA 93950

Telephone: 831-375-4454 Fax: 831-375-9887 web site: [www.mowmp.org](http://www.mowmp.org)



# March 2010

## Special Events at the Sally Griffin Active Living Center

www.mowmp.org - [Active Living Programs](#) on home page

### MOVIES & ENTERTAINMENT

#### Monday Movie Matinee

FREE

March 1, 8, 15, 22, 29

1:00 pm – 3:00 p.m.

Mondays

Jewell Room

March 1 Outsourced  
March 8 Moon  
March 15 Blindsight  
March 22 Seven Pounds  
March 29 Julie and Julia

#### Thursday Classic Movies

FREE

March 4, 11, 18, 25

1:00 pm – 3:00 p.m.

Thursdays

View Room

March 4 Frankenstein, 1931  
March 11 Mutiny on the Bounty, 1935  
March 18 Duck Soup, 1933  
March 25 Fargo, 1996

### GAMES & FUN

**Mondays**

#### Bridge Club

\$2 per person

March 1, 8, 15, 22, 29

12:30 – 4:00 pm

Looking for a Bridge Club? This group has played bridge together for years and continues to be dynamic and competitive.

**Tuesdays**

#### WiiSports Bowling

#### Practice & Instruction

FREE

March 2, 9, 16, 23, 30

12:45 – 2:00

Dining Room

Come try this electronic game of bowling!

Using a lightweight remote control, you feel like you are really bowling.

The computer in the game keeps score—and even cheers when you bowl a strike or a spare!

**Wednesdays**

#### Pinochle

\$2 per week

March 3, 10, 17, 24, 31

12:45 – 2:00

Health Fitness Room

Challenge your mind, meet nice people and learn to play Pinochle.

The group that meets on Wednesdays is friendly and eager to welcome new players. This is a good winter activity, join in!

**Thursdays**

#### Mah Jongg

FREE

March 4, 11, 18, 25

12:45 – 2:00

Lobby

There are a few Mah Jongg enthusiasts interested in starting a group on Thursday afternoons. If you are interested, call Andrea. There is no instructor scheduled at this time, however, it is possible to arrange for beginning instruction to help you get started.

**Fridays**

#### BINGO

50 cents per card

March 5, 12, 19, 26

1:00 – 2:00

Jewell Room

50 cents per card gets you into this game of luck.

We need a BINGO caller to adopt this Friday program on a regular basis.

### Office Volunteers, Receptionists, Hostesses

#### Annual Appreciation Tea with Updates

1:15 p.m.

March 16<sup>th</sup>

## CREATIVITY, THOUGHT, ENRICHMENT

### **Billie Street's Quilting and Textile Arts Class**

\$30

March 1, 8, 15, 22, 29

9:00 am – 2:00 pm

**Mondays**

**View Room**

This class features a variety of sewing and textile design projects introduced by the instructor and encourages participants to bring any sewing, knitting, stitching or fabric project to work on and share with the group. There is plenty of table space for sewing machines. Bring your own or use one in the classroom.

### **Linda Howe Basic Sewing**

March 5, 12, 19, 26

\$

**Fridays**

**View Room**

Would you like to learn to sew or perhaps need a refresher? Whether you have a project to finish or you want to start a new one, come and join us in this easy and fun class. Beginners and experienced welcome! Bring your machine or call to reserve to use one.

### **Dick Crispo Art Class**

\$10 per class

March 2, 9, 16, 23, 30

2:00 – 4:00 p.m.

**Tuesdays**

**Jewell Room**

Meet our new art teacher, Dick Crispo. Dick is an internationally known local artist and instructor on the Monterey Peninsula. His class will meet on Tuesday afternoons and each session will include instruction as well as studio time. Bring your own materials—and your questions.

### **Central Coast Art Association Artists' Reception and Opening Night**

FREE

5:00 pm – 7:00 pm

Friday

March 12

Featuring the artwork of Harry Wareham, Leslie Hodgkin, and Eliane Wakefield.

Come and show our appreciation for the beautiful artwork decorating our lobby and dining room.

## SPECIAL EVENTS AND GUEST SPEAKERS

### **St. Patrick's Day Luncheon**

March 17

11:30 – 1:30

Wednesday

Tickets on Sale Now: \$3.50 Seniors,  
\$6.00 others.

### **Meals on Wheels and the Alliance on Aging Fabulous Friday Birthday Bash**

March 26

11:30 am – 1:30 pm

Friday

When you make your reservation, be sure to tell us if you have a March birthday!

## "WIRED AT 60": TODAY'S TECHNOLOGY FOR YOU

**Web Site you might enjoy:**

[www.samurai-sudoku.com](http://www.samurai-sudoku.com)

**If you are a sudoku player, try this 5 at a time grid! Print a paper copy or fill it out on line. The online page will reveal the answers if you get stuck!**



# Griffin Bulletin

MEALS ON WHEELS OF THE MONTEREY PENINSULA

Non-Profit Org.  
U.S. Postage  
PAID  
Monterey, CA  
Permit NO. 185

Sally Griffin Active Living Center, 700 Jewell Ave., Pacific Grove, CA 93950-2519

Phone: 831-375-4454 FAX: 831-375-9887 www.mowmp.org



March 2010

RETURN SERVICE REQUESTED

## Produce Market WEDNESDAYS

Pick Up Numbers 9:15 – 10:30 am

Market Open 10:30 am – NOON

### Groups

**Alzheimers Support** – 2<sup>nd</sup> Wed – 2:30 pm

**Book Chat** – 1<sup>st</sup> Mon – 4 pm

**Knitting** – Every Mon – 1 pm

**Discussion** – Every Tues – 11:30 am

**Poetry** – 4<sup>th</sup> Thurs – 3 pm

**Bingo** – Every Fri – 1:00 pm

**Pinochle** -- Every Wed – 12 pm

**Bowling** – Tues & Thurs – 12:30 pm

**Bridge** – Every Mon – 12 pm

**MOWMP Auxiliary** – 3<sup>rd</sup> Tues – 2 pm

**Parkinson's Support** – 2<sup>nd</sup> Mon – 2 pm

## SERVICES AT SGALC

### HICAP (Health Insurance): 655-4245

9 am – 12 noon 1<sup>st</sup> Wednesday, By Appointment

3<sup>rd</sup> Thursday afternoons, by appointment

### SOCIAL SECURITY: 372-0337

9 am-12 noon & 1 pm –3 pm 3<sup>rd</sup> Wednesday

Walk-ins OK

### LEGAL SERVICES FOR SENIORS: 899-0492

By appointment 11am – 1pm

2<sup>ND</sup> & 4<sup>TH</sup> Thursday

### INCOME TAX ASSISTANCE: 655-1334 ext 5

By Appointment

Check out the MOWMP Web Site!

[www.mowmp.org](http://www.mowmp.org)

## Sally Griffin Active Living Center

LUNCH IS SERVED MONDAY – FRIDAY, AT NOON  
Please call for reservations one day in advance.

375-4454

Seniors 60+ dine for a

Suggested donation of \$3.00.

Non-senior guests dine for \$6.00

Holiday lunches for \$3.50 & \$6.50

## MEALS PROVIDED BY MEALS ON WHEELS OF THE MONTEREY PENINSULA –MARCH 2010

Marina Community Center  
211 Hillcrest Ave.  
384-6009

Monterey Senior Center  
Lighthouse at Dickman  
646-3878

Oldemeyer Center  
986 Hilby Ave., Seaside  
899-6809

Sally Griffin Active Living Center  
700 Jewell Ave., Pacific Grove  
375-4454

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BBQ CHICKEN</b> Cole Slaw Mixed Vegetables Egg Noodles Fresh Seasonal Fruit  1	<b>PORK CHOPS</b> Vegetable Soup Peas & Carrots Wild Rice Apple Sauce  2	<b>FISH FAJITAS w/Tortilla</b> Green Salad Black Beans w/ Salsa Spanish Rice Tapioca Pudding  3	<b>HAM</b> Vegetable Soup Baked Beans Corn Bread Jello  4	<b>KRAB CAKES</b> Spinach Salad Peas w/ Pearl Onions Au Gratin Potatoes Brownies  5
<b>FISH WITH LEMON &amp; TARTAR SAUCE</b> Baked Potatoes Green Salad Mixed Veggies Fresh Fruit  8	<b>GINGER BEEF</b> Mushroom Soup Veggie Blend Brown Rice Cookies  9	<b>BBQ RIBS</b> Cole Slaw Broccoli Baked Potatoes Cheesecake  10	<b>SLOPPY JOES</b> Vegetable Soup Green Beans Baby Carrots Fruit Cobbler  11	<b>SWEDISH MEATBALLS</b> Beet & Onion Salad Italian Veggie Blend New Potatoes Vanilla Pudding  12
<b>CANNELONI</b> Green Salad Vegetable Medley Garlic Bread Fresh Fruit  15	<b>BAKED FISH</b> Split Pea Soup Zucchini Couscous Chocolate Pudding  16	<b>CORNERED BEEF &amp; CABBAGE</b> Potatoes Green Salad Carrots Cookies & Jello  17	<b>APPLE PORK CHOPS</b> Cream of Broccoli Soup Green Beans w/ Pimento Egg Noodles Apple Cobbler  18	<b>CHICKEN CAESAR SALAD</b> Vegetable Garnish Whole Grain Roll Chocolate Mousse  19
<b>BREADED FISH</b> Cole Slaw Californian Vegetables Potato Wedges Fresh Seasonal Fruit  22	<b>EGG ROLLS</b> Won Ton Soup Green Beans Fried Rice Pudding  23	<b>KRAB CAKES</b> Beets & Onions Salad Mixed Vegetables Wild Rice Fruit Cocktail  24	<b>SPAGHETTI AND MEATBALLS</b> Minestrone Soup Italian Veggie Blend Garlic Bread Jello  25	<b>TURKEY &amp; GRAVY</b> Mashed Potatoes & Stuffing Spinach Salad Green Beans Cake  26
<b>CHICKEN MONTEREY</b> Salad Parmesan Noodles Broccoli Fresh Fruit  29	<b>GROUND BEEF SOFT TACOS</b> Lettuce & Tomato Black Beans & Spanish Rice Fruit Salad  30	<b>FISH WITH LEMON &amp; TARTAR SAUCE</b> Baked Potatoes Green Salad Mixed Veggies Cookies  31	<b>SAUSAGE w/ BRAISED RED CABBAGE</b> Cream of Broccoli Soup Greens w/ Onion Cornbread Apricots  APR 1	<b><i>MENU SUBJECT TO CHANGE</i></b>  <b><i>2% MILK SERVED WITH EACH MEAL</i></b>

**24-HOUR RESERVATIONS ARE STRONGLY SUGGESTED FOR ALL DINING SITES.**



# Meals on Wheels of the Monterey Peninsula

## Program Calendar - Sally Griffin Active Living Center

700 Jewell Avenue, Pacific Grove, CA 93950 TEL: 831-375-4454

MARCH 2010

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	Walk for Health (O) (8:00 - 9:00) Lynn Swerrie	Flexibility & Relaxation (HF) (8:00 - 9:00) Janet Light/PGAE \$	Walk for Health (O) (8:00 - 9:00) Lynn Swerrie	Flexibility & Relaxation (HF) (8:00 - 9:00) Janet Light/PGAE \$	Walk for Health (O) (8:00 - 9:00) Lynn Swerrie
			Income Tax Assistance (VR) (8:00 -1:00) by appointment		COFFEE HOUR 8:30 - 9:30
	Body Conditioning I (HF JR) (9:00 - 10:00) Janet Light/PGAE \$	Stretching/Movement (HF JR) Maryann Schaup-Russo/MPC	Body Conditioning I (HF JR) (9:00 - 10:00) Janet Light/PGAE \$	Stretching/Movement (HF JR) Maryann Schaup-Russo/MPC	Body Conditioning I (HF JR) (9:00 - 10:00) Janet Light/PGAE \$
	Quilting and Textiles (VR) (9:00 - 2:00) Billie Street \$	Massage (HS) (9:00-9:45 by Appointment) Janet Light	Massage (HS) (9:00-12:00) Michael Baer	Massage (HS) (9:00-10:10 by Appointment) Janet Light	
	Computer Access (TR) (9:00-5:00)	Computer Access (TR) (9:00-3:00)	Computer Access (TR) (9:00-3:00)	Computer Access (TR) (9:00-3:00)	Computer Access (TR) (9:00-3:00)
	Blood Pressure (Cons)(10:15-11:45)		Sign In and Pick Up Number for Shopping at Produce Market (DR) (9:15-11:00)		Massage (HS) (10:00-12:15 by Appointment) Janet Light
	Lite Aerobics (HF JR) (10:00 - 10:45) Joan Nattress/PGAE \$	Beginning Tap Dancing (HF) (10:00 - 11:00) Janet Light PGAS, Beryl Czuleger \$	Lite Aerobics (HF JR) (10:00 - 10:45) Joan Nattress/PGAE \$	Lite Aerobics (HF JR) (10:00 - 10:45) Joan Nattress/PGAE \$	Gentle Yoga (HF) (10:00 - 11:30) Nancy Melton \$
	Strength Building (HF) (10:45 - 11:30) Laverne Leyva/PGAS \$	Breathing Exercise, Chi Gong, (JR) Walter Mih (11:00 - 11:45)	Strength Building (HF) (10:45 - 11:30) Laverne Leyva/PGAE \$	Strength Building (HF) (10:45 - 11:30) Laverne Leyva/PGAE \$	
	Massage \$ (HS) (10:50-12:00 by Appointment) Janet Light	Body Conditioning II (HF) (11:45 - 12:45) Janet Light/PGAE \$	PRODUCE MARKET 10:30 - 12:00	Body Conditioning II (HF) (11:45 - 12:45) Janet Light/PGAE \$	
		Discussion Group (VR) (11:30-1:30)			
AFTERNOON	Lunch	Lunch	Lunch	Lunch	Lunch
	Party Bridge \$ (HF) (12:00-4:00)	WiiSports Bowling (HF) (12:45 - 2:00 pm)	Pinochle (JR) (12:00 - 3:00) (\$1 per day) Massage (HS) 12:15 - 2:30) by Appointment Janet Light not 3rd Wed		Basic Sewing (VR) (12:00 - 3:00 pm) Linda Howe/PGAE \$ Preregister.
	MONDAY MATINEE MOVIE		Writing Your Memoir's Class (VR) (1:00-3:00) Illia Thompson \$	MOVIE CLASSICS	BINGO (JR) 1:00 pm \$.50 per card
	Massage \$ (HS) (1:00 - 4:25) Michael Baer	Art Classes & Studio Time with Dick Crispo \$ (JR) (2:00 - 4:00)		Massage \$ (HS) (1:00, 2:15, 3:30 by Appointment) Diane Farrow-Lapin	
	Knit & Purl (L) (2:00 -4:00) Diane Driver Drop-Ins Welcome	MOW Auxiliary (VR) (2:00 - 4:00) 3rd Tues only		John Provost/MPC The Tibetan Book of Living & Dying (JR) (3:00 - 5:00)	
		Tai Chi \$ (HF) (2:30-4:00) Jim Scott-Behrends		Poetry Group (TR) (3:00 - 4:00) 4th Thurs	
	Book Chat (TR) (4:00) 1ST Monday only	Pilates (HF) (5:00 - 6:00) Janet Light/ PGAE \$		Pilates (HF) (5:00 - 6:00) Janet Light/ PGAE \$	

JR=Jewell Room  
VR=View Room  
HS=Health Services Room  
TR=Tech Room

O= Outside  
C=Consultation Room  
HF= Health Fitness Room  
\$= Small fee will be charged.

PGAE = Pacific Grove Adult Education/Laverne Baker-Leyva 646-6580  
MPC = Monterey Peninsula College Older Adult Education/Kathy Kress/ 646-4058  
Adults 18 and over are welcome. Classes are designed with older adults in mind.