



Griffin Bulletin

MEALS ON WHEELS OF THE MONTEREY PENINSULA



JANUARY 2012

MOWMP STAFF:

Executive Director
Viveca Lohr ext 12
vlohr@mowmp.org

Director, Sally Griffin
Active Living Center
Andrea Fuerst ext 17
alcdir@mowmp.org

Assistant Director, Sally Griffin
Active Living Center
Volunteer Coordinator
Annie Ruzicka ext 26
aruzicka@mowmp.org

Development Director
Christine Capen-Frederick ext 19
devdir@mowmp.org

Bookkeeper
Jesse Terrana ext 14
bookkeeper@mowmp.org

Home Delivered Meals
Michele Littell ext 10
hdm@mowmp.org

President of the Board of Directors
MOWMP
Bill Rand
wrand@montereybay.com

Mark Your Calendars:

January 11
MOW Auxiliary
Table of Treasures
Sale

MARTIN LUTHER
KING'S BIRTHDAY
HOLIDAY
JANUARY 16
CLOSED

January 27
AoA/MOW
Fabulous Friday
Birthday Bash
11:30 – 12:30

Happy New Year – 2012

Are you making New Year's Resolutions this year? Add Meals on Wheels to your list of commitments:

- ❖ Volunteer—we need drivers, office help, kitchen support, servers, entertainment, guest speakers and more
- ❖ Donate—each dollar donated “Saves a Breakfast” A thousand dollars feeds a needy homebound senior for a year
- ❖ In Kind Donations—we can use many items in our programs and offices and other household items are placed with the Meals on Wheels Auxiliary for the monthly “Table of Treasures Sale”
- ❖ Join—Membership in the Sally Griffin Active Living Center is \$25/year and helps support the programs at the center, including the publication of this monthly bulletin
- ❖ Participate—by attending a variety of programs at the Griffin Center, you are keeping yourself active and healthy while lending your energy and spirit to the community here.
- ❖ Speak up—Let us know what you need and what you want. Our services are best when we stay flexible and responsive to our community.

CLOSED JANUARY 16TH

Meals on Wheels of the Monterey Peninsula
The 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



January 2012

Special Events at the Sally Griffin Active Living Center

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

WHAT	WHEN WHERE	DETAILS
Flamenco Dance for Exercise	Fridays January 6, 13, 20, 27 1:00 pm – 2:00 pm	Ella has a rich background of international experiences to share. This class focuses on the invigorating and inspiring music of Spanish Flamenco to get you moving. No special equipment needed—just wear comfortable shoes and clothing. FREE!
Computer Workshops Jeff Fisher Andrea Fuerst CSUMB Students	Tuesday January 3, 10, 17, 24, 31 12:45 – 2:00 pm Jewell Room	Discovering Computers and other new-fangled electronic gadgets. (Phones, cameras, I-pads, I-phones, computers and more!) No need to own your own computer—you can use ours! FREE FOR MEMBERS! Each class: learn about something new, share something you have discovered, bring your challenges and questions
Wii Bowling Practice	Tuesdays & Thursdays 1:00 pm – 3:00 pm Dining Room	New players welcome! We are ready to teach you how to bowl on the TV using the Wii digital games. No past experience needed—just bring your enthusiasm and get ready for some fun. Become one of the Sally's Srikers!
Poetry Prescription Susan Cantrell	Fridays—6 weeks January 13, 20, 27 and Feb 3, 10, and 17 10:00 am – 11:00 am	Poetry is a special kind of language, one that teacher/journalist/author Susan Cantrell has explored with students ages 9-90. The non-traditional course and workbook, <i>The Poetry Prescription</i> ™, provide inspirational patterns for many styles of poetry. Novices and pros – bring your inner child and expect to fly free. Perfect rhyme and scansion are not required. Self expression is. 6 weeks
Creative Writing Cecelia George	Tuesdays--Ongoing January 3, 10, 17, 24, 31 1:30 – 3:30 pm	Always wanted to write? Poetry, stories, memoirs....and more. Bring your voice of words to a happy, safe place and let you Muse c create and share with others. For information call Cecelia George at 372-4172.

Who's Who at MOW

Jesse Terrana has served MOWMP as bookkeeper since 2006. Keeping our dollars accounted for is no small task! Donations, gifts, grants, fees, sponsorships, fund-raisers, tickets, membership fees, and cash are all counted, identified, categorized and recorded by Jesse.

On the flip side of the income accounting, Jesse also makes sure the bills are paid! Writing checks to pay our bills, keeping funds in the appropriate accounts, protecting our cash income, processing invoices and communicating with vendors regarding food and equipment orders are also within Jesse's job description. But the numbers she counts aren't always dollars and cents—Jesse also enters attendance data into the computer to keep track of participation in classes, meal programs and volunteer hours. Around here, if it has to be counted, we count on Jesse!

Although seemingly glued to the computer in her office, Jesse is often spotted around the building serving on the hot food line in the kitchen, attending a pilates class in the evening, conferring with our piano tuner (her husband Ralph), or collating the monthly Griffin Bulletin with a team of volunteers.

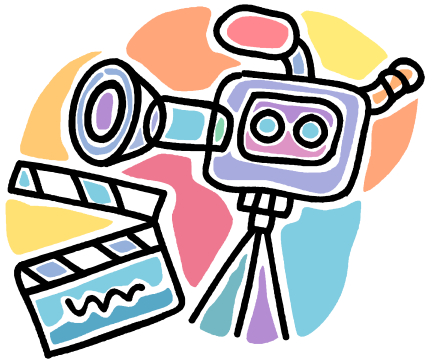
While Jesse counts for MOWMP—we certainly count on her!

Spotlight on Home Delivered Meals

- In 2010 – 2011 MOWMP delivered 173,383 meals to homebound seniors and disabled adults.
- It takes a team of 150 volunteer drivers to get the deliveries out to the homebound!
- Volunteers donate more than just their time! They provide their own cars, auto insurance and fuel AND they share good will and neighborly support at each visit.
- 501 individuals received meals delivered to them in their home last year. MOWMP serves residents of the greater Monterey Peninsula including Marina to south of Carmel along the coast and east on Carmel Valley Road.

WANTED In 2012:

- Volunteer bread table monitor/hosts
- Coffee service and hospitality hosts
- Administrative Office Volunteers & Substitutes
- Drivers



MOVIE SCHEDULE FOR DECEMBER

- 1/2 NO MOVIE MOWMP CLOSED
- 1/5 Touching Home
- 1/9 Mao's Last Dancer
- 1/12 Behind the Sun
- 1/16 NO MOVIE MOWMP CLOSED
- 1/19 Gotta Dance
- 1/23 An Education
- 1/26 Time Traveler's Wife

The Voice of Seniors in Monterey County

JANUARY 10TH

9:00 AM –GRIFFIN CENTER
PLANNING SESSION AND SIGN UP

Your voice is more important than ever this year!
The upcoming budget cuts will affect senior services in California, including Monterey County.
We need to be visible and we need to speak up for basic services. Meal programs, in home health services, transportation assistance, counseling and protective services and other senior support services should not be taken for granted.

JANUARY 24

ATTEND BOARD OF SUPERVISIORS' MEETING
SALINAS, 9:00 AM

We will travel together as a group to Salinas to attend the Monterey County Board of Supervisors' Meeting.

Transportation will be selected based on the number of participants. Hopefully, we can arrange a visit at the new Alliance on Aging office on Main Street.

MARK YOUR CALENDARS

Sweetheart Dinner Dance
Thom Cuneo's Dixieland Band
Feb 10, 2012
6 - 8 pm

Bocce Ball and Italian Dinner
May 6, 2012

NEW FOR YOU IN 2012

- ✓ Sudoku
- ✓ Flamenco Dance
- ✓ Creative Writing
- ✓ Poetry Prescription

PROGRAM IDEAS IN THE WORKS

WAITING FOR YOUR IN-PUT AND
SUGGESTIONS

- FIELD TRIPS
- DANCES
- GET UP AND GO—EVENING SOCIAL
GROUP
- CHEFS AND COOKING
- LANGUAGE CLASSES

MEALS PROVIDED BY MEALS ON WHEELS OF THE MONTEREY PENINSULA – JANUARY 2012

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
CLOSED NEW YEAR'S DAY HOLIDAY 2	CHEESEBURGER with BUN Tomato & Lettuce Mixed Veggies Potato Wedges Fruit 3	SALISBURY STEAK Green Salad Cauliflower & Carrots Wild Rice Pudding 4	ROAST PORK Cream of Celery Soup Mashed Potatoes Zucchini Squash Cheesecake 5	BBQ CHICKEN Spinach Salad Parmesan Noodles Carrots Cake 6
FISH Coleslaw Californian Vegetables Potato Wedges Fresh Seasonal Fruit 9	BEEF BURGUNDY Barley Soup Egg Noodles Carrots Chocolate Pudding 10	SLOPPY JOE'S w/ TURKEY on bun Green Salad Zucchini Potato Wedges Apple Cobbler 11	SWEET & SOUR PORK Cream of Broccoli Soup Green Beans w/ Pimento Rice Jello 12	CHICKEN MONTEREY Lettuce & Tomato Salad Carrots Noodles Baked Apples 13
CLOSED MARTIN LUTHER KING'S BIRTHDAY 16	EGG ROLLS Asian Cole Slaw Green Beans Fried Rice Pudding 17	BEEF SOFT SHELL TACOS Lettuce & Tomato Salad Spanish Rice Black Beans Jello 18	HERBED CHICKEN Tomato Soup Mixed Vegetables Red Potatoes Fruit Cocktail 19	SWEDISH MEATBALLS Green Salad Italian Veggie Blend Egg Noodles Vanilla Pudding 20
BAKED CHICKEN Spinach Salad Parmesan Noodles Broccoli Fresh Fruit 23	FISH WITH LEMON & TARTAR SAUCE Vegetable Soup Baked Potatoes Mixed Veggies Fruit Salad 24	CANNELONI Green Salad Vegetable Medley Garlic Bread Fruit Crisp 25	SALISBURY STEAK Mushroom Soup Lettuce & Tomato Sweet Potato Fries Pudding 26	TURKEY & GRAVY Mashed Potatoes & Stuffing Spinach Salad Succotash Cake 27
APPLE PORK CHOPS Three Bean Salad Californian Vegetables Couscous Fresh Fruit 30	KRAB CAKES Potato Leek Soup Brown Rice Broccoli Apple Sauce 31	BEEF STROGANOFF Green Salad Steamed Baby Carrots Parslied Noodles Vanilla Pudding Feb 1	VEGGIE LASAGNA Cream of Broccoli Soup Zucchini Squash Garlic Bread Cookies Feb 2	TERIYAKI CHICKEN Spinach Salad Snow Peas Fried Rice Jello Feb 3

24-HOUR RESERVATIONS ARE STRONGLY SUGGESTED. MENU SUBJECT TO CHANGE. 2% MILK SERVED WITH EACH MEAL.
Non senior guests are charged \$6 per meal. A donation of \$3.00 per Senior (over 60 years) is suggested.



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

JANUARY 2012

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	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
	Body Conditioning I \$ (HF JR) (9:00 - 10:00) Janet Light/PGAE	Stretching/Movement (HF JR) Maryann Schaup-Russo (9:00 - 9:50)	Body Conditioning I \$ (HF JR) (9:00 - 10:00) Janet Light/PGAE	Stretching/Movement (HF JR) Maryann Schaup-Russo (9:00 - 9:50)	Body Conditioning I \$ (HF JR) (9:00 - 10:00) Janet Light/PGAE
	Thriving through the Holidays 2011 (VR) (9:30 - 11:00) Pedersen/Jacobson 11/21THROUGH 12/12	Massage (HS) (9:00-9:45) by Appointment Janet Light		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) Coaching for PC w/ Don Slaiter by appointment.	Computer Access (TR) (9:00-3:00) Coaching for MAC w/ Dave Powell by appointment.	Computer Access (TR) (9:00-3:00)
	Blood Pressure (C) (10:15-11:30)		Sign In and Pick Up Number for Produce Market (DR JR) (9:15-11:00) MOW Auxiliary Treasure Sale (DR) (10:00 - 12:00) 2nd Wed 12/14	Laughter Yoga (VR) (9:00 - 9:45) Iris Lorentzen (No class 12/08)	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 PGAE	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/PGAE	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	Gentle Yoga \$ (HF) (11:10 - 12:30) Nancy Melton	PRODUCE MARKET 10:00 - 12:00 CLOSED 12/28		Gentle Yoga \$ (HF) (11:40 - 1:00) Nancy Melton
		Discussion Group (VR) (11:00-1:00)			
		Lunch	Lunch	Lunch	Lunch
AFTERNOON	Party Bridge \$ (HF) (12:00-4:00)	Arthritis Foundation Exercise \$ (HF) (1:00 - 2:00) baker-Leyva/PGAE Wii Bowling Practice for Fun (1:00 - 3:00)	Pinochle (vR) (12:00 - 3:00) (\$1 per day) Counseling (HS) (12:00 - 1:00) by Appointment Janet Light	Computer Coaching w/ Rita Bruin (12:30 - 1:30) Counseling (HF) (12:00 - 1:00) by Appointment Janet Light	Counseling (HS) (12:00 - 1:00) by Appointment Janet Light
	MONDAY MATINEE MOVIE 1:00	Computer Coaching Workshops (HF) (12:45 - 1:45) Jeff Fisher 12/13		Arthritis Foundation Exercise \$ (HF) (1:00 - 1:30) Baker-Leyva/PGAE Wii Bowling Practice for Fun (1:00 - 3:00)	BINGO (HF) 1:00 pm \$.50 per card
	Massage \$ (HS) (1:00 - 4:25) Michael Baer		Alzheimer's Support Group (TR) (1:30-3:00) 2nd Wed 12/14	MOVIE CLASSICS 1:00	Artists' Studio Time (JR) 1:30 - 5:00
	Knit & Purl (L) (1:00 -3:00) Drop-Ins Welcome	MOW Auxiliary Board of Directors (VR) (2:00 - 4:00) 3rd Tues Assemble Gift Bags 12/6	Computer Coaching w/ Lou Richards (2:00 - 4:00) walk-ins	Massage \$ (HS) (1:00, 2:15, 3:30) by Appointment Diane Farrow-Lapin	
		Parkinsons Support Group (JR) (3:00 - 4:30) 3rd Tues only 12/20	Tai Chi \$ (HF) (3:00 - 4:00) Kevin Smith	Poetry Group (TR) (2:00 - 4:00) 4th Thurs 12/22	
	Book Chat (TR) (4:00) 1st Monday only 12/05 Dance Exercise (Latin music) \$ (HF) (5:30 - 6:30) Sherri Beck/PGAE	Pilates \$ (HF) (5:00 - 6:00) Janet Light/ PGAE	Dance Exercise (Latin Music) \$ (HF) (5:30 - 6:30) Sherri Beck/PGAE	Pilates \$ (HF) (4:45 - 5:45) Janet Light/ PGAE	Stress Release Yoga \$ (HF) (4:45 - 6:30) Bonnie Bragg

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

O= Outside
 C=Consultation Room
 HF= Health Fitness Room

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.

CLASSES AND WORKSHOPS JANUARY 2012

SALLY GRIFFIN ACTIVE LIVING CENTER

MEALS ON WHEELS OF THE MONTEREY PENINSULA

700 JEWELL AVENUE, PACIFIC GROVE, CA 93950

PACIFIC GROVE ADULT EDUCATION CLASSES

(fee-based)

SIGN UP THROUGH LAVERNE BAKER-LEYVA: 831-646-6580

Light Aerobics	MWTh	10:00 am – 10:45 am	\$35	Light/Baker-Leyva/Nattress
Strength Building	MWTh	10:45 am – 11:30 am	\$35	Light/Baker-Leyva/Nattress
Body Conditioning	MWF	9:00 am – 10:00 am	\$35	Light
Flexibility & Relaxation	TTh	8:00 am – 9:00 am	\$35	Light
Tap Dance	T	10:00 am – 11:00 am	\$30	Light
Arthritis Foundation Exercise	T-Th	1:00 pm – 2:00 pm	\$35	Baker-Leyva
Pilates	TTh	5:00 pm – 6:00 pm	\$45	Light

INDEPENDENT INSTRUCTORS

(fee-based)

CONTACT INSTRUCTOR TO ENROLL. INFORMATION AT FRONT DESK.

Gentle Yoga/Nancy Melton	T	11:10 am - 12:30 pm
Gentle Yoga/Nancy Melton	Th	11:40 am – 1:00 pm
Gentle Yoga/Nancy Melton	F	10:00 am – 11:30 pm
Stress Release Yoga/Bonnie Bragg	F	4:45 pm – 6:30 pm
Tai Chi/Kevin Smith	W	3:00 pm – 4:00 pm
Stretching & Movement/Maryann Russo	TTh	9:00 am – 9:50 am

WORKSHOPS, CLASSES

(no charge)

SIGN UP AT THE FRONT DESK: 831-375-4454

Attitudinal Healing/Elizabeth Weber	Th	2:00 pm – 3:30 pm	Ongoing
Creative Writing/Cecelia George	T	1:30 pm – 3:30 pm	ongoing
Walk for Health/Lynne Swerrie	MWF	8:00 am – 9:00 am	ongoing
Qi Gong Breathing Exercise/Walter Mih	T	11:00 am – 11:45 am	ongoing
Laughter Yoga/Iris Lorentzen	M	11:15 am – 11:45 am	ongoing
Computer Workshops/Jeff Fisher +	T	12:45 pm – 1:45 pm	ongoing
Artists' Studio/Harry Wareham	F	1:00 pm – 5:00 pm	ongoing
Introduction to Sudoku	T	1:00 pm - 2:00 pm	ongoing
The Poetry Prescription/Susan Cantrell	F	10:00 am– 11:00 am	6 weeks
Flamenco Dance/Ella	F	1:00 pm -- 2:00 pm	ongoing

MOWMP CLOSED JAN 16



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

RETURN SERVICE REQUESTED

**JANUARY
2012**

Produce Market Wednesdays

Pick Up Numbers starting at 9:15
Market Open 10:00 am - NOON

Groups

Alzheimers Support – 2nd Wed – 1:30 pm
Artists' Studio – Fridays–1:30 - 5:00 pm
Auxiliary Treasure Sale – 2nd Wed 10 am
MOWMP Auxiliary BOD– 3rd Tues – 2 pm
Bingo – Every Fri – 12:45 pm
Book Chat – 1st Mon – 4 pm
Bridge – Every Mon – 12 pm
Discussion – Every Tues – 11:00 am
Knitting – Every Mon – 1 pm
Parkinson's Support – 3rd Tues – 3 pm
Pinochle -- Every Wed – 12 pm
Poetry – 4th Thurs – 3 pm

New year's resolutions you can fulfill at the Griffin Center!

Exercise Eat Fresh Fruits & Vegetables
Make New Friends Stimulate Your Mind
Help Others

SERVICES AT SGALC

HICAP (Health Insurance): 655-4245

9 am – 12 noon 1st Wednesday, By Appointment
1:00 – 4:00 pm 3rd Monday & 3rd Tuesday, By Appointment

SOCIAL SECURITY: 1-877-600-2857

Or 1-800-772-1213 or go to www.socialsecurity.gov
9 am – noon, 1:00 – 3:00 pm 3rd Wednesday

LEGAL SERVICES for SENIORS: 831-442-7700

By appointment 11 am – 1 pm
2ND & 4TH Thursday

INCOME TAX ASSISTANCE: 655-1334

By Appointment

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