



Important Updates

Volunteer Opportunities: As events and gatherings rebound from the pandemic years, we are looking forward to a VERY busy summer with special events and extra volunteer opportunities. You can review all the exciting opportunities below. Please share our website within your networks, as we are actively recruiting new volunteers!

[More information here.](#)



More News:

2023 Volunteer Awards: Now that the awards luncheon is over and all the awards have been distributed, we would like to officially congratulate all our amazing award winners. Thank you for your gift of time and your dedication to Calgary Meals on Wheels!

Bill Girling Heart Award: Mary K.

In his memory and to honour his commitment of volunteering for 25 years, this award is presented to an individual volunteer who exemplifies lifelong dedication to the organization and giving to others.

Rookie of the Year Award: Darren C. / Mike O.

Presented to volunteers with under 3 years of service who go above and beyond, exceeding expectations.

Patricia Bourne Memorial Award: Magda F.

In her memory and in recognition of her commitment as President of Calgary Meals on Wheels 1978-1981, her family established a fund to host the annual volunteer luncheon and present an award that recognizes exemplary contributions.

Outstanding Service Award: Eric G. / Jon M. / John S. / Barrie C. / Joan D.

Save-The-Dates

- May 22 (MON) OFFICE CLOSED for Victoria Day (no meal delivery)
- JUL 3 (MON) OFFICE CLOSED for Canada Day (no meal delivery)
- AUG 7 (MON) OFFICE CLOSED for Heritage Day (no meal delivery)

Quick Reminder

Client Wellness Checks: Calgary Meals on Wheels is an important part of our community's social safety net, particularly those of you who deliver the same route on a regular basis and may notice something is not right.

- **Note it on the Route Sheet** if you notice something feels off or have concern for a client's well-being. Please be specific with details.
- **Call the Meal Delivery line** if you feel the situation needs to be followed-up on right away.
- **Call 9-1-1** if the situation is a medical emergency, and call Meal Delivery to update us after EMS arrives.

In these situations, our staff have a process to ensure the client is okay and connected to the supports they need. Due to client confidentiality, we generally cannot share much with our volunteers, but if you are losing sleep worrying about a client, please call us.

Volunteer Opportunities

Wheels 4 Meals Car Show

Saturday, June 11, 8:30am – 3pm
(full or half day shifts)
Meals on Wheels Office (outdoor,
rain or shine)



We are still looking for 10-15

volunteers to help on Sunday June 11th at our Wheels 4 Meals car show! Jobs include car registrations, parking directions, cooking and selling food (hot dogs on a BBQ), and manning the raffle and 50/50 tables. If this sounds like a fun way to spend half a day, please email Konnor – konnor.weed@mealsonwheels.com. Have a vehicle to show off? Register your car [here!](#)

Join our Spring Campaign!

Do you enjoy walking for exercise? Well, why not pop our spring appeal letter in mailboxes while you walk? We're looking for a handful of volunteers to spend a few hours in select Calgary neighbourhoods hand-delivering our message in May and June. If you're interested, please email Karen – karen.mckeogh@mealsonwheels.com.

Surge Basketball Partnership

Meals on Wheels + basketball?? Bet you didn't know those two things could go together! In a new partnership with the Calgary Surge, we will be providing fun community engagement opportunities before each home game between May 27 and July 26 at the WinSport complex plaza. We're looking for 1-2 volunteers for each of the **10 home games** to engage with the crowd in fun ways – like games, food tasting challenges, or photo ops. Email Konnor to learn more and sign up for this unique opportunity. Konnor.weed@mealsonwheels.com

Open Shifts for Meal Delivery

Whew! Lots of event excitement, but of course, we still have meals to deliver! We appreciate everyone's help to cover summer vacations. Thank you!

North: [Sign up here](#)

South: [Sign up here](#)

Welcomes & Anniversaries

21 Years: Linda H. **18 Years:** Theresa S. **10 Years:** Maciej L. **5 Years:** Angela S., Kimberley L., Gilbert F., Gordon H., Allister P.

A warm welcome to our newest Volunteers: Karen C., Denil D., Christopher C., Mark N., our newest Adopt-a-Route – While Spot Janitorial, and our newest Day of Caring group – Enterprise!

Your Impact...

"Thank you very much for the birthday package. It was very much appreciated, and it's nice to be remembered."

-Client on #208



Wheels 4 Meals
Calgary Meals on Wheels inaugural car show

June 11, 2023
10AM - 2PM
Cars from all eras welcome! [Click for more info](#)

Calgary Meals on Wheels

(403) 243-2834 | info@mealsonwheels.com | mealsonwheels.com

STAY CONNECTED:



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