

**Important Updates**

**New Staff Drivers:**

**Rob Charlton** - Rob comes to us with a background in the restaurant industry as well as 27 years in Real Estate. He is passionate about being in service to Calgarians and is very excited to join our team of drivers!

**Alastair Hotzel** - Alastair was born in Leeds, England and emigrated to Montreal in the late 60's. He has been in Calgary for over 30 years. Alastair comes to us from the Sales and Roofing world. He brings a wealth of customer service knowledge and is excited to be here at Calgary Meals on Wheels.

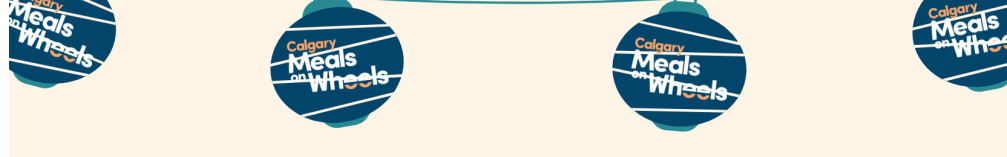


**More News**

**Christmas Volunteer Luncheon - You're Invited!**

Tuesday, December 5th | 12:30pm  
Renfrew Community Association

[CLICK HERE to RSVP](#)



Calgary Meals on Wheels invites you

# Volunteer Appreciation Luncheon

December 5 • Tuesday • 12:30 PM  
Renfrew Community Association  
811 Radford Rd NE

EMAIL [VOLSERVICES@MEALSONWHEELS.COM](mailto:VOLSERVICES@MEALSONWHEELS.COM) TO RSVP.

**Save-The-Dates**

**DEC 25 (MON)** OFFICE CLOSED for Christmas Day (no meal delivery)  
**DEC 26 (TUES)** OFFICE CLOSED for Boxing Day (no meal delivery)  
**JAN 1 (MON)** OFFICE CLOSED for New Year's Day (no meal delivery)

**Quick Reminders**

**Open Routes**

The open routes change daily, so please check regular and sign-up using these links anytime:

North Routes: [Sign up here](#)

South Routes: [Sign up here](#)

**Meal Delivery Line**

Just a friendly reminder to call Meal Delivery **(403-648-2946)** if it seems you are unable to deliver any meals or you are finding meals from the day before. We have extra phone numbers at our fingertips and may have better luck reaching a client to enable you to deliver meals successfully.

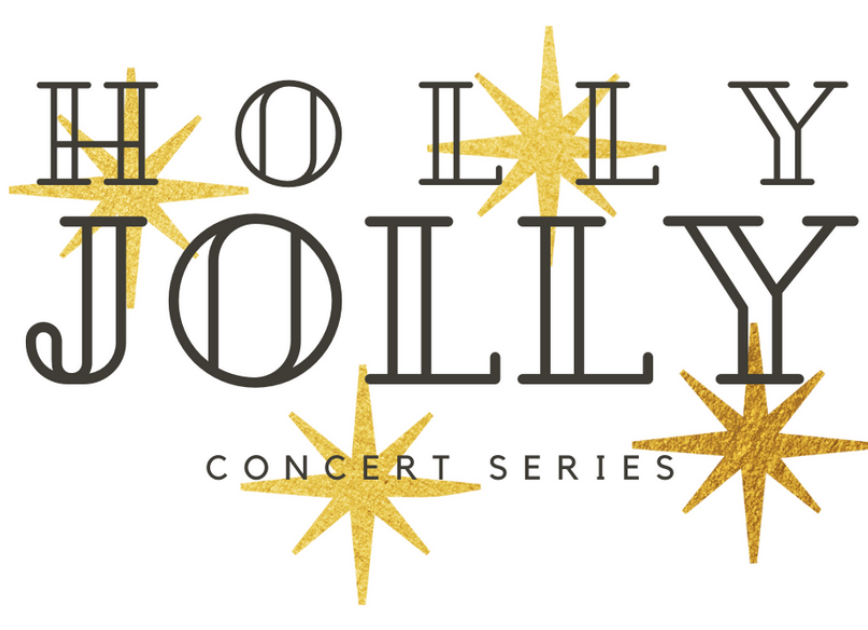
**Driver Safety - Winterize your vehicle**

Check your vehicle's:

- tires (including your spare)
- battery
- belts and hoses
- anti-freeze
- brakes
- heater
- defroster
- windshield wipers

**Consider winter tires**

Winter or snow tires are specially designed for the low temperatures and snowy and icy conditions we experience in Alberta. They provide better traction than regular or all-season tires. Read the full article [here](#).



**Upcoming Events**

**New for 2023** – The Cookie Kitchen Fundraiser will not be moving forward in 2023 however we do have a new fundraising event; The Holly Jolly Concert Series takes place Thursday, November 23 & Friday, November 24 at St. Stephen's Anglican Church in downtown Calgary.

**Concert Info:**

Celebrate the holiday season with the warmth and nostalgia of holiday music with St. Stephen's Choir and their Festive repertoire on Thursday and Harp Angel and Friends on Friday at the historic St. Stephen's Anglican Church in downtown Calgary.

*100% of profits at this event will support Calgary Meals on Wheels programs to ensure Calgarians who need affordable, nutritious meals regardless of age, ability, or life circumstances get the support they need.*

Thursday, Nov 23: [Buy tickets](#)

Friday, Nov 24: [Buy tickets](#)

**International Volunteer Day | December 5th**

**Tickets Up for Grabs!**

As a token of our gratitude, we have complimentary tickets available for an upcoming event.

**Calgary Flames vs Minnesota Wilds**

**December 5th @ 7pm**

**RSVP by November 20th**

We appreciate your commitment to Calgary Meals on Wheels!

**Limited tickets are available**, please email Barb [volservices@mealsonwheels.com](mailto:volservices@mealsonwheels.com) to secure your tickets today!



**Welcomes & Anniversaries**

**October Anniversaries**

**28 Years:** Ted Y. **26 Years:** Agnes G. **22 Years:** Sheila N. **21 Years:** Susan L. **19 Years:** CB C. **10 Years:** Chuck S. **1 Year:** Malcolm K., Valerie P., Samuel H., Cindy B.

**A warm welcome to our newest volunteers:**

Kim K., Wayne W., Maureen W., Kathryn W., Brian A., Gloria F., Anita S., Sandi L.

**Day of Caring Groups that happened in September:**

Insignia Energy LTD, Aplin, CDW Canada

**Your Impact...**

- 18,658** Meals were delivered in October!
- 298** Volunteers helped make this happen
- 24** Birthday presents delivered
- 161** Delivered Bouquets

