

**CLOSURE NOTICE**

Please note: There will be no meal delivery on Friday, March 29 - Good Friday

**UPCOMING EVENTS | VOLUNTEER LUNCHEON**

Dear Volunteers,

We hope this message finds you well and filled with the same enthusiasm that you've brought to our organization through your invaluable volunteer efforts.

As we celebrate the arrival of spring, we also take this opportunity to express our heartfelt appreciation for your dedication and hard work. Without your unwavering support, our mission would not be as impactful as it is today.

In recognition of your contributions, we cordially invite you to our annual Spring Awards Luncheon, which will be held on Wednesday, April 10th. This event promises an afternoon filled with appreciation, camaraderie, and celebration.

**Please RSVP by April Tuesday, April 2nd to confirm your attendance.**

Your dedication and commitment have made a significant difference in the lives of those we serve, and we look forward to celebrating together at the Spring Awards Luncheon.

If you are delivering meals on Wednesday, April 10th, you may come directly to the luncheon, and we will bring your cooler bags bag to the Main Depot.

Thank you once again for your incredible support. We can't wait to see you there!



**OPEN ROUTES**

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

North Routes: [Sign up here](#)  
South Routes: [Sign up here](#)

**REMINDER TO OUR MEAL DELIVERY VOLUNTEERS**

**FOOTWEAR**

Just a reminder to all meal delivery volunteers to wear appropriate footwear while on route. As we transition from winter to spring, sidewalks, driveways, and roadways can be slippery and our clients may be unable to keep up with the ever changing need to keep pathways clear. If you do slip and injure yourself, please let the volunteer coordinators know.

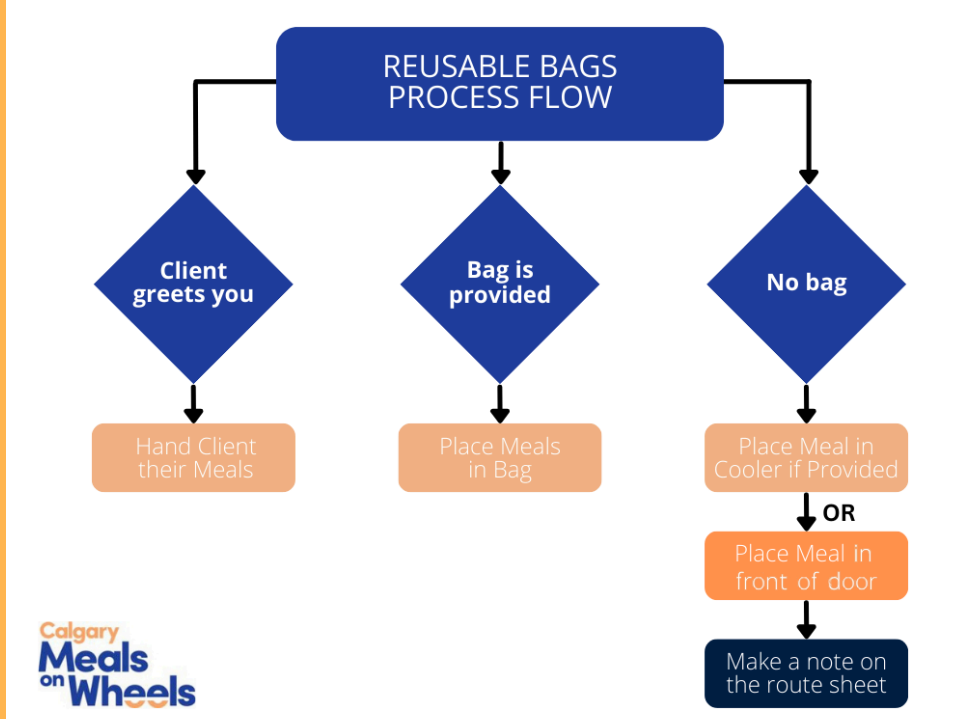
**BUSINESS CARDS**

We have placed generic business cards in the zippered pouches on the back of the clipboard. If you are approached by someone interested in receiving meals or have questions for our staff, please pass them on.

**REUSABLE BAGS**

Drivers and volunteers have distributed the reusable bags. Please provide any feedback you may have to our volunteer coordinators, as this will help us address any issues.

The flow chart below shows our finalized process:



**YOUR IMPACT**

**Monthly Stats**

24,667 Meals were delivered in February  
245 Volunteers delivered meals  
17 Birthday gifts were delivered  
111 Bouquets were delivered



**VOLUNTEER SPOTLIGHT - Cooper Allard**

Cooper is a neurodivergent young man who first started delivering meals at the beginning of 2020. Due to Covid, Cooper took a two-year hiatus but has returned to meal delivery, picking up shifts when they are available. According to his guardian, "Cooper needs this as part of his life. He loves volunteering for CMOW."

Cooper is one of several neurodivergent individuals who deliver meals weekly. It gives him a scheduled activity he can anticipate and gets him out in the community, interacting with our clients and developing social skills. We appreciate Cooper's dedication!

**March Milestone Anniversaries:**

**18 Years:** Lois J., Marlene W., Al J., Marg T.  
**17 Years:** Hal S.  
**1 Year:** Brian K., Deana and Geoff W., Jeremy H., Brandi M., David O., Maureen B., Maria F., Patricia J.

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

Alan M.  
Monia G.  
Robert H.  
John G.  
Victor B.

**SAVE THE DATE**

Did you know that volunteers that were active in 2023 are automatically members of the Society of Calgary Meals on Wheels? Join us at noon on June 5, 2024 for our Annual General Meeting and contribute to the conversation. Members are able to vote, but new volunteers are welcome to attend and observe - your feedback is important to us! Click the image below to RSVP.

**SAVE THE DATE**

YOU'RE INVITED TO ATTEND OUR ANNUAL GENERAL MEETING

**June 5, 2024**

at 12:00 PM

5759 80 AVE SE, CALGARY, AB

FULL INVITATION AND DETAILS EXPECTED TO GO OUT LATE APRIL  
EMAIL: [EVENTS@MEALSONWHEELS.COM](mailto:EVENTS@MEALSONWHEELS.COM)  
RSVP BEFORE MAY 29, 2024

