

## Important Updates

**Stampede BBQ!** You're invited to our once-again-annual community Stampede BBQ on July 12! You should have received a separate invite last week, but see below again just in case. We'll be serving yummy BBQ, are offering modified tours of the production facility and we'll have a selection of goods available for purchase as a fundraiser! Please RSVP to [volunteers@mealsonwheels.com](mailto:volunteers@mealsonwheels.com) by July 5.

**Stampede Sandwiches:** We are seeking volunteers to help us make lunches for the Rotary & Kinsmen volunteers who will be on the Stampede grounds raising funds for the community. If you have a couple of hours to spare during Stampede Week, [please sign up here](#). If you know someone new who would like to volunteer for this opportunity, please ask them to apply [via our website](#) ([www.mealsonwheels.com/volunteer](http://www.mealsonwheels.com/volunteer))



## More News:

**YYC Summer Scoop Fest:** After a successful pilot last year, this is the first official year of our newest fundraiser, YYC Summer Scoop Fest! The event runs June 30 – July 7, so check out the lineup of delicious and creative ice creams and chilled treats being served at [participating locations here](#).



## Save-The-Dates

- JUL 3 (MON) OFFICE CLOSED for Canada Day (no meal delivery)
- AUG 7 (MON) OFFICE CLOSED for Heritage Day (no meal delivery)
- SEPT 4 (MON) OFFICE CLOSED for Labour Day (no meal delivery)

## Quick Reminder

**Notice for Cancellations:** We are **so lucky** to have about 375 volunteers who support us and make our mission successful every single day; however, it can be tricky scheduling everyone's availability. We would appreciate one week's notice for any cancellations when possible, and we are happy to take notice of cancellations up to 3 months in advance if have them booked already. Thank you for helping us ensure we can find coverage!

## Volunteer Opportunities

### 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 the **3 remaining home games** to engage with the crowd in fun ways – like games, food tasting challenges, or photo ops. Email: [events@mealsonwheels.com](mailto:events@mealsonwheels.com)

### Open Shifts for Meal Delivery

Please help us fill the gaps as folks take their summer vacations. Thank you!!

North: [Sign up here](#)

South: [Sign up here](#)

## Welcomes & Anniversaries

**June: 23 Years:** Mary Jane P. **1 Year:** Kerry G., Allen Shu, Christie P., Ilir K., Lesley B., Tori R.

**A warm welcome to our newest volunteers:** Brian K., Maria G, Jeremy H., Brandi M., Kathryn T., David M., Maureen B., David O., Dave F.

## Your Impact...

*"You are feeding a sick mom of three young children, and because of your hard work, my whole family is doing better. What you do really matters, and I am grateful."*

*-Client*



### Calgary Meals on Wheels

(403) 243-2834 | [info@mealsonwheels.com](mailto:info@mealsonwheels.com) | [mealsonwheels.com](http://mealsonwheels.com)

STAY CONNECTED:



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