



FOOD *for* THOUGHT

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President's Message

It's hard to believe another year has passed and we are in the throes of a wonderful holiday season! Thank you to our drivers who are truly committed and dedicated, ensuring meals are delivered, through sun, rain, sleet and anything else the weather throws into the mix!! Your smiles and friendliness mean so much to our wonderful clients.

Our united goal is exemplified as we hold the Christmas spirit, not just one day a year, but all 365.

In the busyness of the season, my wish is that you take time to relax and rejuvenate and spend time with family and friends.

Thank you to the everyone receiving meals. You are always so friendly and appreciative of the meals and just as the drivers care about you, you do likewise. To all the kitchen and office staff, a huge thank you for all you do everyday!!



Happy Holidays
and all the Best in 2025!!



A season of Generosity



J.T. CLARK FAMILY
FOUNDATION

This holiday season, we are once again filled with gratitude for the incredible kindness of our community and the extraordinary generosity of the J.T. Clark Family Foundation.

Thank you to everyone who has been part of this year's Deliver a Difference Letter Campaign. Together, we're delivering so much more than meals — we're sharing care, connection, and the spirit of the season.

A FOND farewell TO OUR RETIREES

As we bid farewell to these wonderful individuals, we celebrate their lasting impact on our organization and the Fredericton community.

Kathy Astle (our first cook in our kitchen in 2018), is retiring after six years of dedicated service. *Pictured (left) with Valerie DeLong (right), our President.*



Susan Booker has been a steady presence as a kitchen helper since October 2018. *Pictured (left) with Faye Webb (right), our Operations Manager.*



Frank Quesnel has been a dedicated volunteer for 20 years. *Pictured (right) with Barb Brown (left), our Financial Coordinator.*



THANK YOU FOR
YOUR *commitment* TO
MEALS ON WHEELS!

211

**Life isn't always easy
but finding help can be.**

Dial 2-1-1 or visit nb.211.ca to find support for all of life's challenges.



Community SUPPORT IN ACTION

Nashwaaksis Lions Club Donation

Pictured below: Chuck Madott (right) presents a cheque to Betty Daniels (left), Director of Meals on Wheels, on behalf of the Lions Club.



Elks Club Contribution

Pictured above: Sharon Vickers (right) presents a cheque to Valerie DeLong (left), President of Meals on Wheels, on behalf of the Elks Club.

Do you or someone you
know need help to stay
at home longer?



Nursing Home Without Walls through York Care Centre provides **free services** to help older adults age in place!

Free to anyone in Fredericton 60+ years of age. No referral required. Reach out to learn more!



NHWW@yorkcarecentre.ca



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