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President's Message

holiday season! Thank you to our drivers but all 365.

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.

Thank you to the everyone You receiving meals. are friendly always SO 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!!

It's hard to believe another year has passed. Our united goal is exemplified as we hold and we are in the throes of a wonderful the Christmas spirit, not just one day a year,

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

> > lappy Holidays





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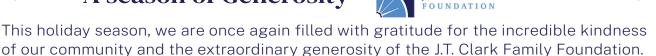
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A season of Generosity





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!

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.

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 <u>free</u> 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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