



FOOD *for* THOUGHT



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President's Message

We made it through a very hot summer, a beautiful fall and now into the wonderful holiday season!! It's great to live where we do and enjoy the changing seasons!

At this time of year, it is great to reflect on many things, and one is not only to reflect but to voice a heartfelt thank you to all drivers with Meals on Wheels for your commitment and dedication, ensuring meals are delivered no matter what the weather brings us. Your smiles and friendliness mean everything to our wonderful clients. Also, a huge thank you to the volunteers who assist with the Wheels to Meals program. Without each and everyone of you, the organization would not be able to operate.

Thank you to everyone who receives meals and participates in Wheels to Meals. Your friendliness and appreciation when you see the drivers and volunteers is a testament of your support for Meals on Wheels.

To all the kitchen and administration staff, a huge thank you for all you do each day!! You are a vital cog in the wheel!!

May you all have a wonderful holiday season, whether spending time with family and friends, or enjoying some relaxation or anything else that you wish to do.



“ Happy Holidays
& all the best in 2026!! ”

Valerie DeLong | President

The heart of Meals on Wheels



*Our dedicated kitchen staff
keeping meals moving and spirits
bright this holiday season!*



*Taking a moment to connect and recharge —
a holiday coffee break with the volunteers
who make it all possible.*



Winter Reminder!

Sometimes winter storms make driving unsafe for our volunteers. While cancellations are rare, it's helpful to keep a few extra meals ready at home. If a cancellation happens, we'll post it on CBC Storm Centre, share it on the radio, on Facebook, and on our voicemail.

Free Phone-Based Wellness Program

We're looking for older adults to join a supportive, 6-week program designed to help people feel more connected and build skills for coping with life's challenges.

Two sessions are available: January–February or March–April. Each weekly call is 90 minutes, and everything happens over the phone, so participants can join from home—no travel required.

The program includes simple guided activities that support well-being, reduce feelings of isolation or loneliness, and strengthen everyday resilience. It's a great fit for any older adult looking to stay connected and supported.

If you or your organization can help share this opportunity, we appreciate your support!

Participants needed!

For more information, contact:

Lyne Ouellet at 506-300-5252 or nbcommunityconnectors@gmail.com



**WHEELS
to MEALS**

Seniors Social Luncheon

St. Mary's, York Anglican Church
780 McEvoy St, Fredericton

*Lunch together
tastes better!*

Need a ride or have allergies?
Let us know!

TUESDAY, JANUARY 13TH



Roast Beef & Gravy +
Mashed Potatoes and Peas +
Apple Crumble Squares



Pat Thibodeau

TUESDAY, JANUARY 27TH



Chicken pie +
Mashed Potatoes & California Mix +
Brownies



*George O'Donnell &
Gail Clowater*

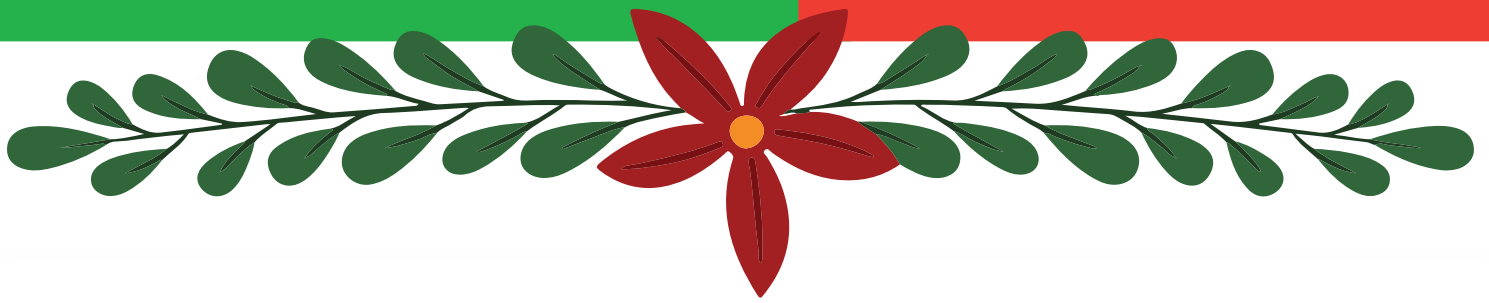
ONLY
\$10
per lunch



**Register by 10:00 a.m.
the Monday prior.**

Doors open at 11:00 a.m., meal at 11:30 a.m. with entertainment until 12:45 p.m.

Contact: (506) 458-9482 or
Info@frederictonmealsonwheels.com



Season's Greetings

Our **board of directors** would like to wish you a warm and wonderful holiday season. Thank you for being part of our Meals on Wheels family!



Pictured left to right*:

Janet Matheson, Carol Morrison, Jeff Deane, Gail Pilgrim, Karen Miller, Valerie DeLong, Betty Daniels, Peter Steeves, Joan McDaniel, Tim Finley, Sharon Vickers, Chuck Madott, Michelle Roy

**Missing from photo: Kathleen Starke*

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

Dial 2-1-1 or visit nb.211.ca

The front door to help. Free, confidential & available 24/7, 2-1-1 will give you information on mental health resources, financial assistance, food access, social services & more.

