



## Calgary Club 1014

November/December 2024

### Message from the President:

How quickly we are coming to the end of 2024. Remembrance Day is upon us, November 11th. " **LEST WE FORGET** ". This day falls on Monday so wear your Poppies Proudly. If you come across a Veteran, make sure you thank Him or Her for their services. They do walk amongst us.

The Veterans Association Food Bank could certainly use everyone's help. So, if you happen to be going near their location and have something to drop off they would really appreciate it. Their location is #10 , 820 - 28th. Street. NE. Marie Blackburn has agreed to be our Guest Speaker.

December is a very important time of the year. The 25<sup>th</sup> . is not only Christmas but the Birth of our Lord. So hopefully we will all be sharing this day with Family and Friends . Also sharing what we have with those in need that are less fortunate than we are. Our December meeting will be a Christmas social for our members.

On Behalf of your Board of Directors we are wishing you all , **A VERY MERRY CHRISTMAS and A HAPPY NEW YEAR**

*Fraternally, Bud Gallo*

### **Next Luncheon**

**DATE: Friday, December 13<sup>th</sup>**

**TIME: Doors open at 11:30 a.m. Lunch at noon**

**PLACE: Blackfoot ACE Casino, 4040 Blackfoot Trail**

**Club Executive: President:** Bud Gallo 273-4280; **Vice-President:** Dennis Lilja, 242-5627; **Treasurer** Linda Barnes 201+4171; **Secretary** Susan Young 948-0135; **Director** Peter Walter 200-6152; Murray Karn 236-8837; Gord Wenzel 569-0743



Mark Your Calendar!

2024 Luncheon

December 13



*Good and Welfare*

*We To all our shut-ins we don't know about, we wish you a speedy recovery. Please give Don Lewis a call at 403-273-9651 if you know of any members.*



*to all our November/December Babies!*

*November*

*December*

*Pat Michi Bergen 01*  
*Nancy Lewis 27*

*Murray Skelding 29*



**Club Executive: President:** Bud Gallo 273-4280; **Vice-President:** Dennis Lilja, 242-5627; **Treasurer** Linda Barnes 201+4171; **Secretary** Susan Young 948-0135; **Director** Peter Walter 200-6152; Murray Karn 236-8837; Gord Wenzel 569-0743

**Club Executive: President:** Bud Gallo 273-4280; Vice-President: Dennis Lilja, 242-5627; **Treasurer** Linda Barnes 201+4171; **Secretary** Susan Young 948-0135; **Director** Peter Walter 200-6152; Murray Karn 236-8837; Gord Wenzel 569-0743



1133- 7 AVENUE SW  
CALGARY, ALBERTA

[HTTPS://UNISONALBERTA.COM/](https://unisonalberta.com/)

## Thrive Food Security PROGRAMS

|                                |   |
|--------------------------------|---|
| <b>Grocery Delivery</b>        | <ul style="list-style-type: none"><li>• Grocery shopping, delivery and friendly visits by volunteers</li><li>• Orders can be placed once every 2 weeks</li><li>• Criteria: low-income, homebound older adults 50+, requires initial home visit by Thrive staff</li><li>• Cost: \$4 delivery + cost of groceries</li></ul>         |
| <b>Kerby Centre Market</b>     | <ul style="list-style-type: none"><li>• No-cost supplemental food market</li><li>• Food donated by local grocery stores &amp; cafes</li><li>• Can access every 14 days, by appointment only</li><li>• Criteria: older adults 50+, registration required</li><li>• <b>There is currently a waitlist for this program</b></li></ul> |
| <b>Community Bread Markets</b> | <ul style="list-style-type: none"><li>• 6 community bread markets at locations across Calgary (once monthly at each location)s</li><li>• Bread and baked goods donated by local bakeries and grocery stores</li><li>• Criteria: older adults 50+</li></ul>  |
| <b>Community Pantry</b>        | <ul style="list-style-type: none"><li>• "Take what you need, Give what you can"</li><li>• Donated non-perishable food</li><li>• Filled by Thrive on Monday &amp; Wednesday @ 1 pm</li></ul>   |
| <b>Contact us!</b>             | <p>Please contact our Thrive Coordinator for more details!<br/>Phone: (403) 705-3222<br/>Email: <a href="mailto:senira@unisonalberta.com">senira@unisonalberta.com</a></p>  |