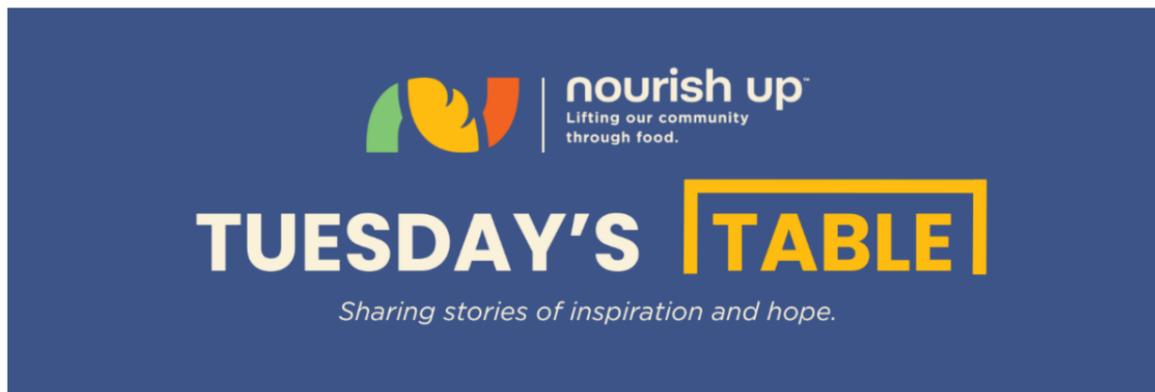


Tuesday's Table | Grab a Friend and Volunteer



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Date 2025-12-09 09:32



Thelma & Louise: Off to Deliver Meals and Make a Difference

Some people slow down as the years go on. Others—like Ruth and Nancy—find a new gear. These two spirited women, ages 80 and 75 respectively, are better known by the stage names they once gave themselves: Thelma & Louise.

They didn't meet in school, a club, or the workplace—they met through a mutual in-law then became good pals after moving south. And from that new connection evolved a partnership as natural as it is unstoppable.

Together, they walk the local greenway, knit with their "Stitches" friends, and many Tuesday mornings, as long as they are together, they show up to deliver Meals on Wheels to local seniors who need a friendly face and a midday meal.



A New Chapter

Ruth spent more than a decade answering the phones at the Loaves & Fishes Call Center. She was there through thousands of calls, changing technology, growing demand, and leading up to Covid, when everything in the world seemed to shift at once. She loved serving, but one day she thought she'd like to volunteer in a different way...

So she checked out Meals on Wheels. And once she did—she was hooked. Nancy joined her, and their Meals on Wheels days were born. They arrive at St. Giles Presbyterian Church. Ruth drives. Nancy rides shotgun. And every week, off they go—together.

Becoming Thelma & Louise

The nickname was entirely accidental.

One morning, while entering their route into the app, a wrong digit led to a navigation mishap—which may or may not have been related to compromised vision?..., a hint of left/right confusion?...., or maybe it was simply Tuesday morning enthusiasm. Either way, by the time they had amassed a comedy of errors, Nancy channeled her inner Geena Davis and giggled, “Oh my goodness, Thelma and Louise have gone off the cliff!”

But that was that, and the names stuck.

Teamwork, Friendship, and a Lot of Laughs

These two love volunteering as a team. “It’s more fun together,” they tout. They have regular neighbors they have come to know and look forward to seeing. And they take their responsibility seriously. One day they even closely tagged a UPS truck into a gated apartment complex just to be sure a meal reached the right person. Nothing stops them—not confusion, not uncertainty, and certainly not age.

Making a Difference, One Tuesday at a Time

Ruth and Nancy deliver more than food. They bring connection, warmth, and dignity to neighbors who rely on them. They are proof that:

- Life doesn't slow you down unless you let it.
- Service is an adventure worth having.
- The world needs what they uniquely offer—patience, laughter, wisdom, reliability, and heart.

At Nourish Up, we hope these two never lose the spirit and spunk that make them such a joy—not only to the clients they serve, but to everyone who meets them.

Volunteers make SUCH a difference. And it's even better with a friend riding shotgun. There are plenty of ways to get involved at Nourish Up.

Sign up to volunteer today.

**It is our mission to nourish our neighbors
with food and compassion.**

Nourish Up provides groceries, meals, and hope through a network of food pantries, grocery home delivery, and as the primary Meals on Wheels program for Mecklenburg County.

www.nourishup.org



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