

Client Newsletter



More
than just
a meal™

To our Valued Clients,

As we step into the winter months, we bring you the latest updates, helpful tips, and information to help you get the most out of your relationship with us.

Whether you're a regular participant or new to our community, we're glad to have you with us. Remember, we love hearing from you! Let us know what programs you're enjoying or what you'd like to see in future newsletters.

Your continued support means everything to us as we work together in partnership. We're here to help you stay active, healthy, and connected whatever the season. Don't hesitate to reach out with questions, comments, or just to say hello.

Upcoming events: -

Thursday 5th June - Card Making at CMOW with Linda, 10am-12pm transport \$5.00

Wednesday 11th June - Chair Yoga Lunch at The Crown Camden, 9.15am pick up

Thurs 12th June - Card Making at CMOW with Linda, 10am-12pm transport \$5.00

Friday 13th June - Wool Works at CMOW, 10am - 12pm transport \$5.00

Wednes 18th June - Tahmoor Shops with Lunch at Tahmoor Inn, 9.00am Pick up transport \$7.50

Wednesday 25th June - Chair Yoga at Lunch Camden sports Club, 9.15am Pick up

Thursday 26th June - Card Making at CMOW, 10am-12pm transport \$5.00

Friday 27th June - Wool Works at CMOW, 10am-12pm transport \$5.00

Price changes:-

As always, we have kept our prices as low as possible and we have managed to ensure that, our suppliers are only providing justifiable increases.

Unfortunately, there will be an increase that will take effect as of 1 July 2025.

When you compare our product and prices to others out there, we have more nutritious, lower sodium and there is more protein in our meals compared to others.

Our prices include **free delivery** by our fantastic volunteers to anywhere in the Camden Local Government Area and in some circumstances, we deliver to people just outside this area.

Below are the subsidised prices from 1 July 2025

Main Meals	\$8.00
Mini Meals	\$6.90
Soups	\$3.30
Desserts	\$3.30
Premium Desserts	\$4.00
Juice	\$2.50
Premium Main Meal	\$9.90
Premium Mini Meal	\$7.50



Stay active during Winter

The sky may be darker and the mornings becoming chillier, but rather than stay tucked under the doona, it's more important than ever to get up and about, warm our joints and stretch those muscles.

As the cooler weather arrives, our bodies tend to lose more heat and contract, causing tightness throughout the body. This results in joints seizing up and our muscles losing their range of motion. This is why it's important to chisel out 10 or 20 minutes every day to make sure we're getting the blood flowing through our body and ensuring we don't stop moving altogether.

Here are some easy but effective ways to move around this winter. They're easy exercises which you can do around your home, so take these on board into the coming months.



Walking. A healthy, easy and effective way to get the body moving, taking a walk is something you can do anytime, anywhere. Assuming the weather is mild, why not spend time walking up and down the hallway or throughout the home. When the sun comes out to shine, make the most of the outdoors and enjoy a walk in the garden, take a stroll in, with friends, family or a carer. Low-impact exercise can help strengthen bones and muscles, improve mood and reduce stress.

Chores. It may sound simple but mundane tasks like making the bed or folding clothes offer a daily way to increase mobility. Simple movements add up, especially on days when we'd rather spend time sitting down. Not only will you have a clean and tidy living space, studies also show doing routine chores provide a sense of purpose and accomplishment. It may not be an exhausting work out, but it's extremely impactful to our overall health and wellbeing.



Balance Exercises. Falls are some of the most common health hazards facing older adults, and by incorporating simple movements and practices into a weekly routine, we can prevent this from happening. It's especially important to keep these movements up in winter. Spare just 10 minutes a day and your body will thank you in the long run. Gentle exercises such as leg raises, toe stands and standing up and down, improve joint range of motion and muscle strength. In addition, practising functional tasks such as getting in and out of chairs and walking have gradual, positive effects.

Tips for Older Adults To Stay Safe in Cold Weather

Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold. This can quickly turn into a dangerous health issue, such as hypothermia or frostbite.

Use the information and tips below to help lower these risks during the colder months and to learn what to do in the case of unsafe exposure to the cold.

Staying Warm When It's Cold Outside

- Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature — try to stay inside or in a warm place.
- If you must go out on windy, cold, or damp days, don't stay outside for very long.
- Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.
- Keep warm blankets and extra cold-weather clothing in your car.
- Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Also consider using disposable or rechargeable hand- and foot-warming products.
- Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.
- Wear a waterproof coat or jacket if it's snowy or rainy.
- Change out of damp or wet clothes as soon as possible.



Memory Story

Michelle had always loved visiting her grandmother's cottage by the sea. Every summer, she spent hours collecting shells, listening to stories, and helping her grandmother bake blueberry pie. One morning, while digging in the sand near the rocks, Michelle noticed something shiny buried beneath a smooth stone. She brushed the sand away and uncovered a delicate silver necklace with a small star-shaped pendant. Excited, she ran back to the cottage to show her grandmother.

Her grandmother's eyes widened when she saw it. "That was your mother's," she whispered, taking the necklace gently in her hands. "She lost it here when she was just about your age." Michelle felt a strange warmth in her chest as if the necklace had been waiting all these years to be found. That evening, they sat together on the porch, watching the waves, and her grandmother told her stories of her mother's childhood—stories Michelle had never heard before.

Questions (without referring to the story)

1. Where does Michelle visit every summer?
2. What did Michelle find buried near the rocks?
3. How did her grandmother react when she saw the necklace?
4. Who did the necklace originally belong to?
5. What did Michelle and her grandmother do that evening?

A poet and you know

First Breath of Winter

The gum trees whisper in cooler air,
A silver hush spreads everywhere.
No snow to fall, no frost to bite,
But still, the days lose golden light.

The magpie's song turns low and clear,
As dusk creeps in, the nights draw near.
A wattle shivers in soft disguise—
June paints the hills with muted skies.

Scarves emerge, and kettles steam,
Firelight flickers in a winter dream.
Though southern sun may gently gleam,
We feel the chill—the season's seam.



Australian Trivia

What is the highest mountain in Australia?

Name one of the 3 deserts located in Western Australia?

Who designed the Sydney Opera House?

The Kangaroo is the national animal of Australia, what is the national bird?

What is the most northern city in Australia?

What is the capital city of Tasmania?



Words that start with

Sweet breakfast spread made from fruit and sugar.

Small flying insect known for its bite.

Large prehistoric wholly mammal

Term used to describe something very important

Italian city known for its fashion

Tool used for knocking in wooden joints

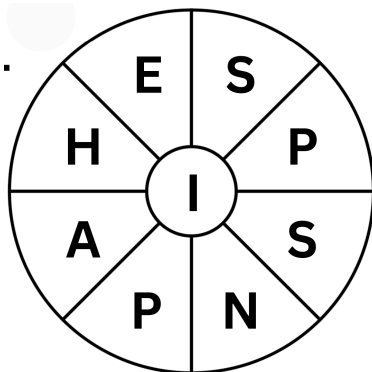
Small, tubular pasta

Person who repairs and maintains machinery, motors etc

Erected in memory of a person, event etc., as a building, pillar or statue

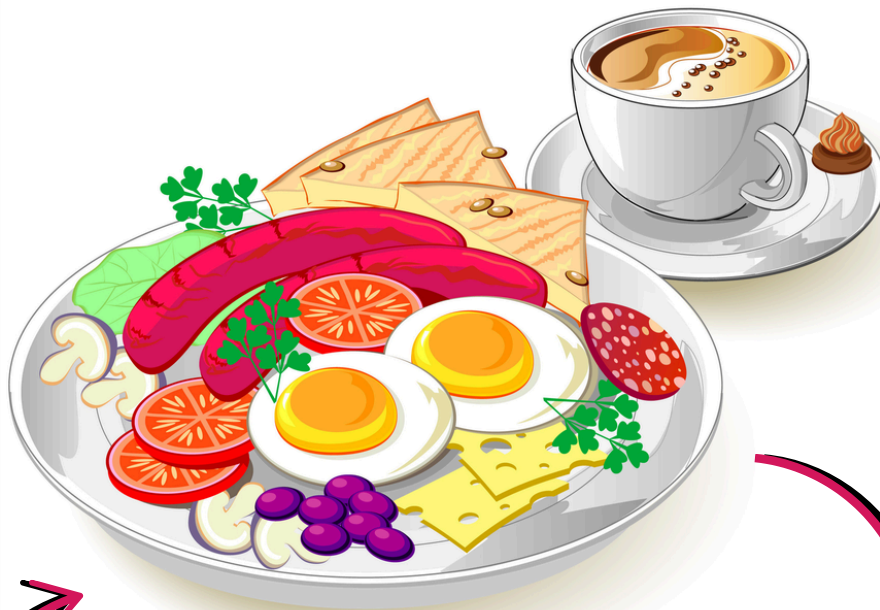
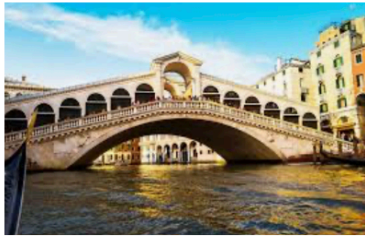
Word Wheel

How many words can you make using these letters? All words must include the letter in the centre circle.

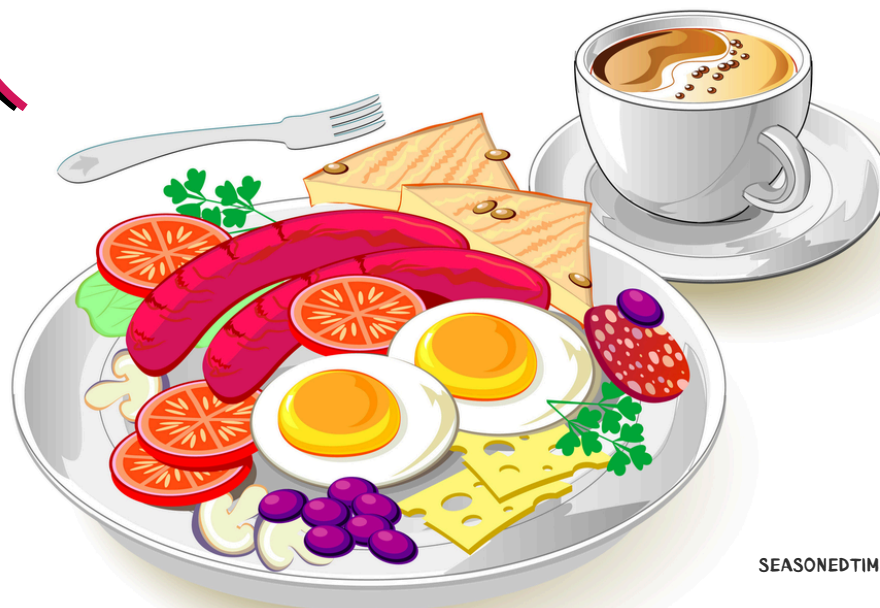


9 letter word

Name that Bridge



FIND 8 DIFFERENCES



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Australia Trivia: Mount Kosciuszko, The Great Sandy Desert, Gibson Desert and Great Victoria Desert, Jern Utzon, Emu, Darwin, Hobart.

Words that start with M: marmalade, mosquito, mammoth, major, Milan, mallet. macaroni, mechanic, monument.

Word Wheel puzzle: Happiness

Name that Bridge: Tower Bridge, London. Rialto Bridge, Venice. Golden Gate Bridge, San Francisco. Anzac Bridge, Sydney



Add some colour



paint the world
SHIRAZ