

Client Newsletter

More
than just
a meal™

To our Valued Clients,

In this month's edition, we share information on our Christmas Party, Senior Rights service, Free immunisation clinic details, Tips for the warmer weather, our yummy Christmas meal available to order soon, new meals from Lite n Easy and upcoming events.

We recently provided you with information relating to the New Aged Care Act Statement of Rights. The statement of Rights replaces the Charter of Rights. Should you have any queries regarding this please feel free to call the CMOW office. As other important information comes to hand regarding the New Aged Care Act, we will be sure to inform you.

We hope you enjoy this edition and please remember that we are constantly looking for ways to improve your experience with us. We appreciate your feedback/ comments. Feel free to call us on 02 4655 6822 or send via email to admin@camdenmow.org.au. We value your opinion and appreciate your input.



Sincerely, the friendly team at Camden Meals on Wheels.

• Lest we forget - On the eleventh hour of the eleventh day of the eleventh month, we pause - not just to remember history, but to honour the people behind it. Across Australia, from towns like our own to city streets, the bugle's call carries stories of courage, sacrifice, and mateship.

This Remembrance Day, may we find a moment of stillness. A moment to reflect on how peace was won, and how we each can carry that spirit forward — with kindness, respect, and unity in our own Camden community. •

Upcoming events

Wednesday 5 November	Picton Botanic Gardens & Picton Hotel Lunch (weather permitting)
Thursday 6 November	Card Making at CMOW 10.00 - 12.00pm
Friday 7 November	Wool Works 10.00 - 12.00pm
Wednesday 12 November	Chair yoga + Lunch @ Plough and Harrow
Thursday 13 November	Card Making at CMOW 10.00 - 12.00pm
Friday 14 November	Wool Works at CMOW 10.00 - 12.00pm
Wednesday 19 November	Narellan Town Centre Shopping Pick Up 10.30am
Wednesday 26 November	Chair Yoga + Lunch @ Narellan Hotel
Thursday 27 November	Card Making @ CMOW 10.00 - 12.00pm
Friday 28 November	Wool Works @ CMOW 10.00 - 12.00pm

*Please be mindful that sometimes activities can change at short notice, due to unforeseen circumstances.

Dates for your diary

Tuesday 4 November	Melbourne Cup Day
Tuesday 11 November	Remembrance Day
Thursday 13 November	World Kindness Day



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Some new Lite n Easy meals and desserts have been added to the Menu.

Beef Bourguignon

Chicken and Cashews

Special Fried Rice with BBQ Pork

Rice Pudding with Cinnamon



Coming soon to the Meal Menu

Christmas
MEAL

Turkey Breast
sliced oven roasted turkey breast with
apple & sultana stuffing, roast potatoes,
green beans and pumpkin

..... ❁

DESSERT

Berry Cheesecake
delicious creamy cheesecake topped
with a coulis of strawberries,
raspberries and blueberries

..... ❁

Available from
1 December 2025
Main \$8.00
Dessert \$3.30



Recently, Dementia Training Australia visited and gave an informative talk about the signs and symptoms of Dementia and helpful information for the carers who are caring for loved ones with Dementia. Should you require any information that was provided on the day please contact Michelle in the office on 4655 6822.

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The Senior Rights Service provides Legal Services, Advocacy Services and Financial Advocacy Services to older people in NSW. Their Legal Service provides information, referrals, advice, and other assistance on legal issues and is a fully accredited community legal centre. Their Advocacy Service is available to anyone in NSW who is using or seeking to access aged care services, including services in your own home as well as residential aged care homes; and their team of specialist financial advocates help older people with increasingly complex aged care financing arrangements and support in applying for financial hardship.

For free and confidential telephone advice, call the Senior Rights Services on (02) 9281 3600.



South Western Sydney
Local Health District

Free Immunisation Clinic

There will be a free clinic happening in Narellan next month as part of the NSW Immunisation Schedule. Vaccinations include diphtheria, tetanus, whooping cough, shingles, HPV, meningococcal, pneumococcal, polio, chickenpox, hepatitis B, measles, mumps, rubella, flu, and COVID-19. Travel vaccines are not provided.

Narellan Community Health Centre, 14 Queen St, Narellan to book call 9794 0855
Monday, 1 December 2025, 8:30am to 2:00pm



With the warmer weather approaching it pays to plan ahead

- **Check the forecast:** Monitor weather forecasts so you know when hot days are expected.
- **Adjust activities:** Reschedule outdoor activities like exercise to the cooler parts of the day, like early morning or evening.
- **Prepare your home:** Check that your fans and air-conditioner are in good working order before the hot weather arrives.
- **Stock up:** Keep a supply of water, non-perishable food, and necessary medications on hand.

Camden Council ChatLINK Pop Up Information Stalls

Access services participating at a ChatLINK Pop Up Information Stall this November and December. These stalls will be at all three local libraries:



Camden Library - 40/44 John Street, Camden NSW 2570

Tuesday, 4 Nov 2025	10:00am - 12:00pm	Service NSW
	1:30pm - 3:30pm	Services Australia
Wed, 12 Nov 2025	10:00am - 12:00pm	Each: Health, Wellbeing and Support Services
	1:00pm - 3:30pm	
Thursday, 20 Nov 2025	10:00am - 12:00pm	BaptistCare
Monday, 8 Dec 2025	10:00am - 12:00pm	Estia Health
Wed, 10 Dec 2025	10:00am - 12:00pm	Each: Health, Wellbeing and Support Services
	1:00pm - 3:30pm	

Narellan Library - Corner Queen and Elyard Streets, Narellan NSW 2567

Monday, 10 Nov 2025	10:00am - 12:00pm	Estia Health
Tuesday, 11 Nov 2025	10:00am - 12:00pm	South Western Sydney Primary Health Network (SWSPHN)
Monday, 17 Nov 2025	10:00am - 12:00pm	Hender Care
Wed, 26 Nov 2025	10:00am - 12:00pm	Each: Health, Wellbeing and Support Services
	1:30pm - 3:30pm	Eye Sight Optometrist
Thursday, 27 Nov 2025	10:00am - 12:00pm	Myrtle Cottage
	10:00am - 12:00pm	Talk2MeBro: Men's mental wellbeing
Monday, 1 Dec 2025	1:30pm - 3:30pm	Wellways: Mental health, wellbeing, & carer services
	10:00am - 12:00pm	Service NSW
Tuesday, 2 Dec 2025	1:30pm - 3:30pm	Services Australia

Oran Park Library - 72 Central Avenue, Oran Park NSW 2570

Monday, 3 Nov 2025	10:00am - 12:00pm	Talk2MeBro: Men's mental wellbeing
	1:30pm - 3:30pm	Wellways: Mental health, wellbeing, and carer services
Monday, 8 Dec 2025	10:00am - 12:00pm	Hender Care

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Name that fruit

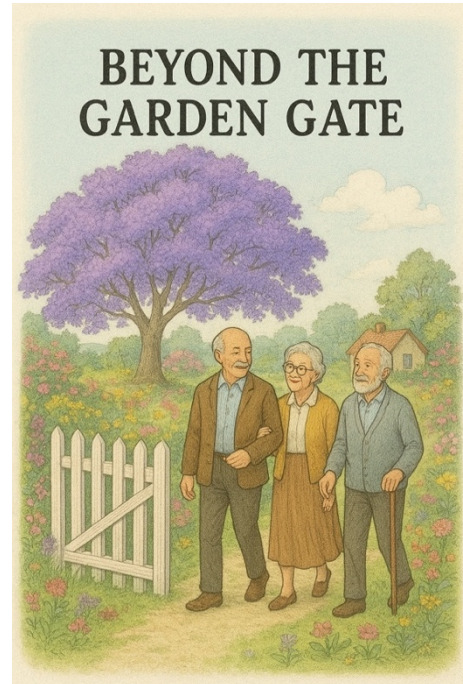


A poet and you know it

Beyond the garden gate we roam.
Where jacarandas softly flower,
Their purple rain in Camden's air
Turns paths to lilac showers.

We wander past the picket white,
With laughter bright and hearts set free
Old friends in tow, beneath the shade,
of that tall, whispering jacaranda tree.

Here time slows down, the world feels kind,
A peaceful place we contemplate
where friendships grow and blossom still,
beyond the old familiar gate.



Words that start with N

To plan and steer a course (by sea, air, or metaphorically)

To care for and encourage growth or development.

Calm, casually unconcerned or indifferent.

A sentimental longing for the past.

A person who moves from place to place (often seasonally).

Not taking sides; impartial.

Famous (usually for something bad).

Having high moral qualities; aristocratic.

Existing in nature; not made or altered by humans.

To discuss terms in order to reach an agreement.

New or unusual; also, a long fictional book.

To make legally void or cancel out.

To take small bites at something.

A conception, belief, or small idea.

Absurd, silly, or meaningless talk or ideas

Deserving attention or notice; remarkable.



Spot 10 differences in Macarthur Park Camden

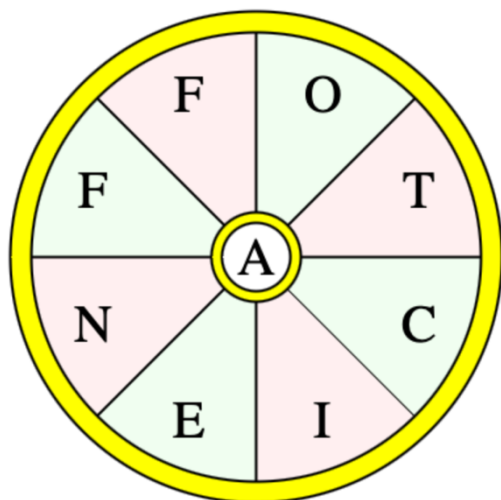


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Word Wheel



NINE LETTER WORD

List as many words as you can.

Sudoku

9							8	1
	3							
2				9			4	
6					5			
	5	4		8		7		
		8	1	4				9
	2	6		7				
5								
				1	2	4	5	

#168058

Difficulty: moderate

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Word Search

Getting around

A	U	T	A	O	B	M	A	E	T	S	C	R	A
L	H	O	S	A	E	R	O	P	L	A	N	E	E
O	H	O	V	E	R	C	R	A	F	T	I	I	Y
D	A	F	O	P	I	H	S	G	O	T	A	N	E
N	B	M	O	N	O	R	A	I	L	P	R	D	K
O	U	M	O	T	O	R	B	I	K	E	T	E	N
G	S	B	M	A	R	T	F	H	O	R	S	E	O
T	K	A	A	S	K	A	T	E	B	O	A	R	D
R	A	M	I	L	I	G	H	T	R	A	I	L	B
U	T	B	I	C	Y	C	L	E	T	R	E	T	E
C	E	I	S	C	O	O	T	E	R	H	Y	B	L
K	S	E	M	O	T	O	R	C	A	R	I	A	T
T	O	B	B	O	G	G	A	N	B	K	A	C	A
G	D	G	E	R	H	O	U	S	E	B	O	A	T

TOBBOGGAN
 FERRY
 SHIP
 TRUCK
 TRAIN
 BICYCLE
 EBIKE
 HOVERCRAFT
 BUS
 STEAMBOAT
 SCOOTER
 MONORAIL
 AEROPLANE
 MOTORCAR
 HOUSEBOAT
 SKATEBOARD
 LIGHTRAIL
 TRAM
 MOTORBIKE
 HORSE
 GONDOLA
 DONKEY
 REINDEER
 SKATES

Tongue Twister



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Answers

Name that Fruit

Dates, guava, kumquat, lychee, blood orange, plum.

Words that start with N:

Navigate, Nurture, Nonchalant, Nostalgia, Nomad, Neutral, Notorious, Noble, Natural, Negotiate, Novel, Nullify, Nibble, Notion, Nonsense, Noteworthy

Word Wheel: Affection

9	4	5	3	2	7	6	8	1
8	3	1	6	5	4	9	7	2
2	6	7	8	9	1	3	4	5
6	9	2	7	3	5	8	1	4
1	5	4	2	8	9	7	6	3
3	7	8	1	4	6	5	2	9
4	2	6	5	7	3	1	9	8
5	1	9	4	6	8	2	3	7
7	8	3	9	1	2	4	5	6

A	U	T	A	O	B	M	A	E	T	S	C	R	A
L	H	O	S	A	E	R	O	P	L	A	N	E	E
O	H	O	V	E	R	C	R	A	F	T	I	I	Y
D	A	F	O	P	I	H	S	G	O	T	A	N	E
N	B	M	O	N	O	R	A	I	L	P	R	D	K
O	U	M	O	T	O	R	B	I	K	E	T	E	N
G	S	B	M	A	R	T	F	H	O	R	S	E	O
T	K	A	A	S	K	A	T	E	B	O	A	R	D
R	A	M	I	L	I	G	H	T	R	A	I	L	B
U	T	B	I	C	Y	C	L	E	T	R	E	T	E
C	E	I	S	C	O	O	T	E	R	H	Y	B	L
K	S	E	M	O	T	O	R	C	A	R	I	A	T
T	O	B	B	O	G	G	A	N	B	K	A	C	A
G	D	G	E	R	H	O	U	S	E	B	O	A	T



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Add some colour



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