

Client Newsletter

More
than just
a meal™

Dear Camden Meals on Wheels Family,

Well, here we are – the final stretch of 2025! If this year were a meal, I'd say it's been a hearty stew: a bit of everything, occasionally spicy, but ultimately nourishing and comforting.

As we wrap up another wonderful year, I want to take a moment to thank each and every one of you – our incredible volunteers, our cherished clients, and our dedicated staff. You are the simply the secret ingredient that makes Camden Meals on Wheels so special. Whether you've been delivering meals, sharing a smile, washing up, or simply being part of our community, your contribution has made a real difference.

This year, we've served thousands of meals, shared countless conversations, and probably brewed enough tea to float a small boat. But more than that, we've continued to deliver kindness, connection, and care – and that's something we cannot measure.

To our volunteers, you keep our service rolling. Rain, hail, or shine (and let's be honest, Camden has delivered all three in one day more than once), you've shown up with such commitment, and continue to show care and generosity. You've proven that superheroes don't always wear capes – sometimes they carry eskies.

To our clients, thank you for once again welcoming us into your homes (and sometimes ours) and hearts. Your stories, smiles, and occasional cheeky jokes remind us why we do what we do. We hope our meals have filled your bellies and our visits have lifted your spirits. In 2026, We will continue to drive you anywhere you need to go, provide support when you need it and deliver meals that you can rely on.

As we head into the festive season, may your days be merry, your puddings be delicious, and your relatives well-behaved (well, we can hope). Camden Meals on Wheels will be taking a short break over the holidays, but rest assured we'll be back in the new year, ready to serve up more meals and moments.

On behalf of the entire committee, I wish you a joyful Christmas and a peaceful New Year. Let's raise a toast to 2026 – may it be filled with good health, good company, and much love and laughter.

Merry Christmas.

Clare McCabe - President, Camden Meals on Wheels

Upcoming events

Wednesday 3 December: Chair Yoga & Lunch @ Camden Estate Coffee Town Farm

Thursday 4 December: Card Making at CMOW 10.00am – 12.00pm

Wednesday 10 December: Camden Valley Inn – Two for One Lunch Deal- Pick up 10.30am

Thursday 11 December: Card Making at CMOW 10.00am - 12.00pm



Christmas Party 2025

ON: WEDNESDAY 17TH DECEMBER
WHEN: 10:00 TO 2:00
WHERE: THE SENIORS CENTRE CAMDEN
R.S.V.P : 28TH NOVEMBER 2025

YOUR NAME: _____
DIETARY REQUIREMENTS: _____

COST : \$20.00 MAIN MEAL & DESSERT
(LOCAL TRANSPORT INCLUDED IN COST)

HOPE TO SEE YOU THERE
FOR SOME XMAS ATMOSPHERE
XMAS BINGO & ENTERTAINMENT

MAYBE A VISIT FROM THE MAN IN THE RED SUIT. SHHHH!!!



Available NOW on 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



Meals on Wheels Camden

CLOSED FOR CHRISTMAS

FROM WEDNESDAY 24TH DEC (12PM)
RE-OPENING ON MONDAY 5TH JANUARY 2026 AT 8:30AM

Wishing everyone a wonderful holiday season!
We would like to thank you all for your continued support.

Telephone 02 4655 6822

General email admin@camdenmow.org.au

Newsletter email newsletter@camdenmow.org.au



Things to remember for December



Plan for crowds: The Christmas season inevitably brings everyone to the shops, so being organised beforehand will make life easier and less stressful. Most local schools finish up for the year on 17th or 18th December this year.

Stay hydrated: Yes, another reminder. That's because it is very important. Always have water on hand, your body will function much better when it is well hydrated.

Keep Cool: Closing windows and doors on hot days will keep your home cooler. Use Air conditioning or fans where possible. Maybe head to the local shopping centre to stay cool.

Watch your alcohol intake: Be mindful of alcohol consumption, as it can have an impact on health and medication.

Manage medication: Don't let the holidays interfere with your medication schedule. It's a good idea to schedule any necessary doctor's appointments before the season gets too busy.

Stay active: Incorporate physical activity like a little walk each day. Spending time in nature can also improve mood. Bring a bottle of water with you.

Stay connected: Use phones or video calls to connect with family and friends, especially if you can't be together in person.

Ask for help: Don't hesitate to ask for or accept help, whether it's from family, friends, or us here at CMOW. The holiday period can be a difficult time for some people, so if you or someone you know needs support, these phone lines will be operating during this period.

G'day Line: 1300 920 552

designed to connect individuals aged 50 and over
8am - 8pm, 7 days a week (AEDT)



Grief Line Help Line: 1300 845 745

for anyone over 18 years experiencing grief and loss
8am - 8pm, 7 days a week



Friendline: 1800 424 287

for anyone who needs to reconnect or just wants a chat
10am- 8pm, 7 days a week



Listening Ear: (02) 9477 6777

for anyone who wants a chat. A confidential non crisis service
9am – 9pm, 7 days a week



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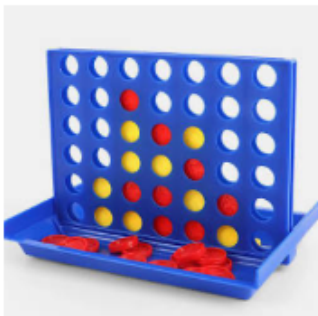
A poet and you know it

The sun beats down, the sky's clear blue,
Barbecue smoke drifts softly through.
Each day grows bright with festive cheer,
Christmas time is almost here.

The mango's ripe, the carols play,
Kids can't wait for Christmas Day.
Warm nights hum with joy and light—
Summer's magic, shining bright.



Name those games



Tongue Twister

Santa's sleigh swiftly slides south,
silently scattering sparkling snow

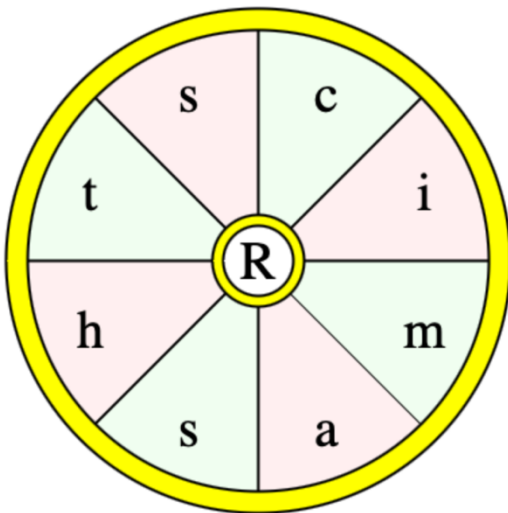


Words that start with C

A large feline that lives in the jungle and has spots?
 Used for something that keeps you warm on your bed?
 A person who cooks food professionally.
 A round fruit that is usually orange and has segments?
 A young feline animal?
 Something that is humorous or makes people laugh?
 A building where students go to learn?
 To prepare food by heating it?
 A soft drink with bubbles?
 A small group of people working together for a purpose?
 A four-wheeled motor vehicle?
 A small reptile that can change colour?
 A place where people watch films?
 Used to describe someone who is brave and not afraid of danger?



Word Wheel



NINE LETTER WORD

List as many words as you can.

Christmas Quiz

In which country is Santa Claus called Babbo Natale?

a) Italy b) Mexico c) New Zealand

By what title was the song “Jingle Bells” originally released?

a) Reindeer rock b) Merry Christmas c) One horse open sleigh

Are there plums in a plum pudding?

a) No b) Yes c) Only in Australia

In which century were Christmas crackers first made?

a) 1600's b) 1800's c) 1700's

Who wrote the song “White Christmas”?

a) George Gershwin b) Frank Sinatra c) Irving Berlin

What tradition did Sir Henry Cole start in 1843?

a) Icing Christmas cakes b) Singing carols c) Sending Christmas cards

In the song “The twelve days of Christmas” what did the eight ladies do?

a) Dance b) Milk a cow c) Make Christmas pudding



Sudoku

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

#46583

Difficulty: moderate

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Christmas Word Search

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

BOWS	CAKE	ANGEL	ORNAMENTS	NAUGHTY	NICE
CARROTS	CHIMNEY	CAROLS	PRESENTS	PARADE	PEACE
DINNER	WRAPPING	DESSERT	RUDOLPH	PUDDING	REINDEER
FAMILY	EGGNOG	ELVES	SHOPPING	SANTA	SEASON
GINGERBREAD	FRIENDS	GIFTS	SPROUTS	SLEIGH	SPIRIT
HOPE	GREETINGS	HOLLY	TRADITION	STAR	TAPE
LIGHTS	JINGLE	JOY	TURKEY	TREE	TRIFLE
MISTLETOE	MARKETS	MERRY	YULETIDE		WREATH

Spot 10 differences at Narellan Town Centre



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Answers

Name those games

Cluedo, draughts or checkers, battleships, connect 4, Rubik's cube, dominos.

Words that start with C: Cheetah, Comforter, Chef, Clementine, Cat, Comical, Classroom, Cook, Cola, Crew, Car, Chameleon, Cinema, Courageous.

Word Wheel: Christmas

Answers to Christmas Quiz

Italy, One horse open sleigh, No, 1800's, Irving Berlin, Sending Christmas cards, Dance

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

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



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Add some colour



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