

Client Newsletter

More
than just
a meal™

To our valued Clients,

Welcome to the February edition of your newsletter. Yes, February already! No way, we hear you say.

We are hoping to organise a lot of exciting outings this year with a grant that we received from the "Australian Philanthropic Services". The calendar is being prepared as we speak, so keep an eye out for the upcoming events.

If you have access to Facebook, please follow Camden Meals on Wheels as we often have updates, outings and events shared on our page. Remember to hit the LIKE button 👍 and Follow our page.

We are also lucky enough to have a special appearance from the Road Crew from local radio station C91.3 They will be attending our Wednesday Chair Yoga session on 4 February to film our lovely clients doing some gentle exercise. If you feel you might like to join our classes, they start at 10.15am until 11.15am in the Senior Centre on John Street in Camden. Classes are free to join. This could be the time to make your New Year's resolution about you and your health and wellbeing.

This is a newsletter exclusively for you, our wonderful CMOW clients. Please have your say on the content, by letting us know what you enjoy, what can be improved, what you would like to see more of, and what is of no interest whatsoever!

Please remember that we are constantly looking for ways to improve your overall experience with us. We appreciate your feedback/ comments, and complaints. Feel free to call us on 02 4655 6822, email to admin@camdenmow.org.au or send a note with our Volunteers. We value your opinion and appreciate your input.

The end of this month will mean - only 10 more months till Christmas 😊

Sincerely, the friendly team at Camden Meals on Wheels.

Upcoming Events

- Wednesday 4 February: Chair Yoga with C91.3 Road Crew then lunch at Camden RSL
Thursday 5 February: Card making at CMOW 10.00am to 12.00pm
Wednesday 11 February: Sound Bingo at CMOW and lunch at Rashay's, Pick up 10.00am
Thursday 12 February: Card making at CMOW 10.00am to 12.00pm
Saturday 14 February: Valentine's Day ❤️
Wednesday 18 February: *Pizza Day at Curry Reserve, pick up 11.00am
Wednesday 25 February: Chair Yoga followed by lunch at Narellan Hotel
Thursday 26 February: Card making at CMOW 10.00am to 12.00pm

*Pizza day numbers need to be confirmed for orders. Also, toppings choices.

How to recognise fraudulent emails

If you use your device for emails, it is likely that you have received what is known as phishing (pronounced fishing) emails. Phishing emails are the fraudulent practice of sending emails purporting to be from reputable companies to persuade people to reveal personal information, such as passwords and credit card numbers.

Not all phishing emails are obvious. Many are designed to look professional, timely, and relevant. Before clicking or responding, **PAUSE** and ask yourself: -

Is the message claiming to be from someone official or in a position of authority?

Am I being pushed to act quickly or within a short timeframe?

Is the message creating fear?

Does the message suggest I might miss out if I don't act now?

Is the message using recent events or timing to feel more relevant or convincing?

An example of a phishing email could look something like this: -

[Action Required] Account Access Will Be Restricted Today

Dear Customer,

We have detected unusual activity on your account. To prevent disruption to your account, you must verify it immediately.

Failure to act within 30 minutes may result in suspension. [Verify Account Now](#)

Thank you

ICT Support Team

Can you spot the 'red flags' in the example email above?

Telephone **02 4655 6822**

General email admin@camdenmow.org.au

Newsletter email newsletter@camdenmow.org.au

See how they are using a generic greeting (Dear Customer).
 Consequence-based threat (may result in suspension).
 Urgency – wanting you to react (immediately and 30-minute deadline).
 Call-to-action (Verify Account Now) link. Taking you to an unsafe site where your data can be captured.

Remember - Logos and names can be faked and are easy to copy, they don't guarantee the email is legitimate. If you are not sure then - don't do anything is probably the best advice. If it is an email that looks like it from a bank or service provider, you can check by calling the number on your statement or contract *not a phone number on the suspect email.

⏸ PAUSE | 🔍 CHECK | ✓ VERIFY

✗ Never share passwords or codes

✗ Don't click unexpected links

☎ Ask a trusted person if unsure

Garden tips



What is

What is a Diacope – **it's where a word or phrase is repeated** for emphasis, rhythm, or emotional effect.

To be, or not to be.
 Enough is enough.
 Again, and again.

Bond. James Bond
 Time after time.
 Little by little.

Never, never give up.
 Easy come, easy go.
 It is what it is.

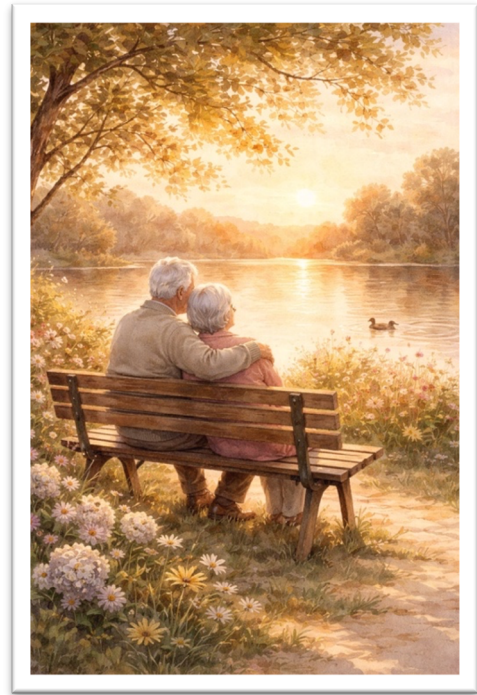
A poet and you know it

Love begins with bright hope,
two hearts learning the dance,
of holding on and letting go.

Love deepens through years of work and worry,
in shared meals, shared stories,
and weathering life side by side.

Love settles into something gentle,
a knowing look, a steady hand,
comfort without needing words.

Love remains in laughter, memory, and care,
a quiet strength that says:
we are still here, together.



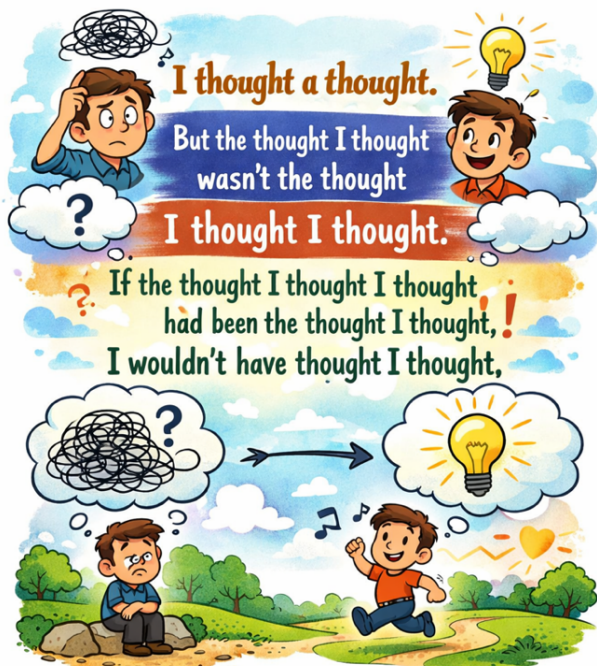
Words that start with G

1. A soft shine is called a _____.
2. When someone shows courage and determination, they have _____.
3. To move smoothly and quietly, you _____.
4. A light, silly laugh is a _____.
5. To complain in a low voice is to _____.
6. A quick look at something is a _____.
7. Someone who is kind and not harsh is _____.
8. To bring things together is to _____.
9. Feeling thankful means you are _____.
10. To look steadily at something is to _____.



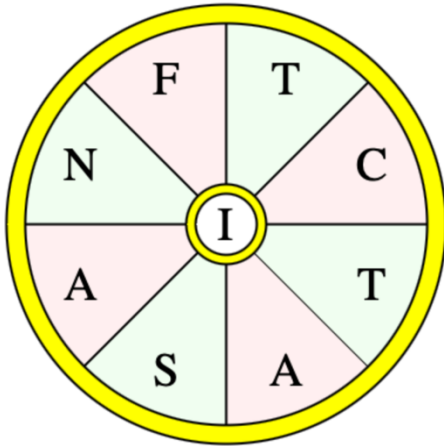
Sudoku

Tongue Twister



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

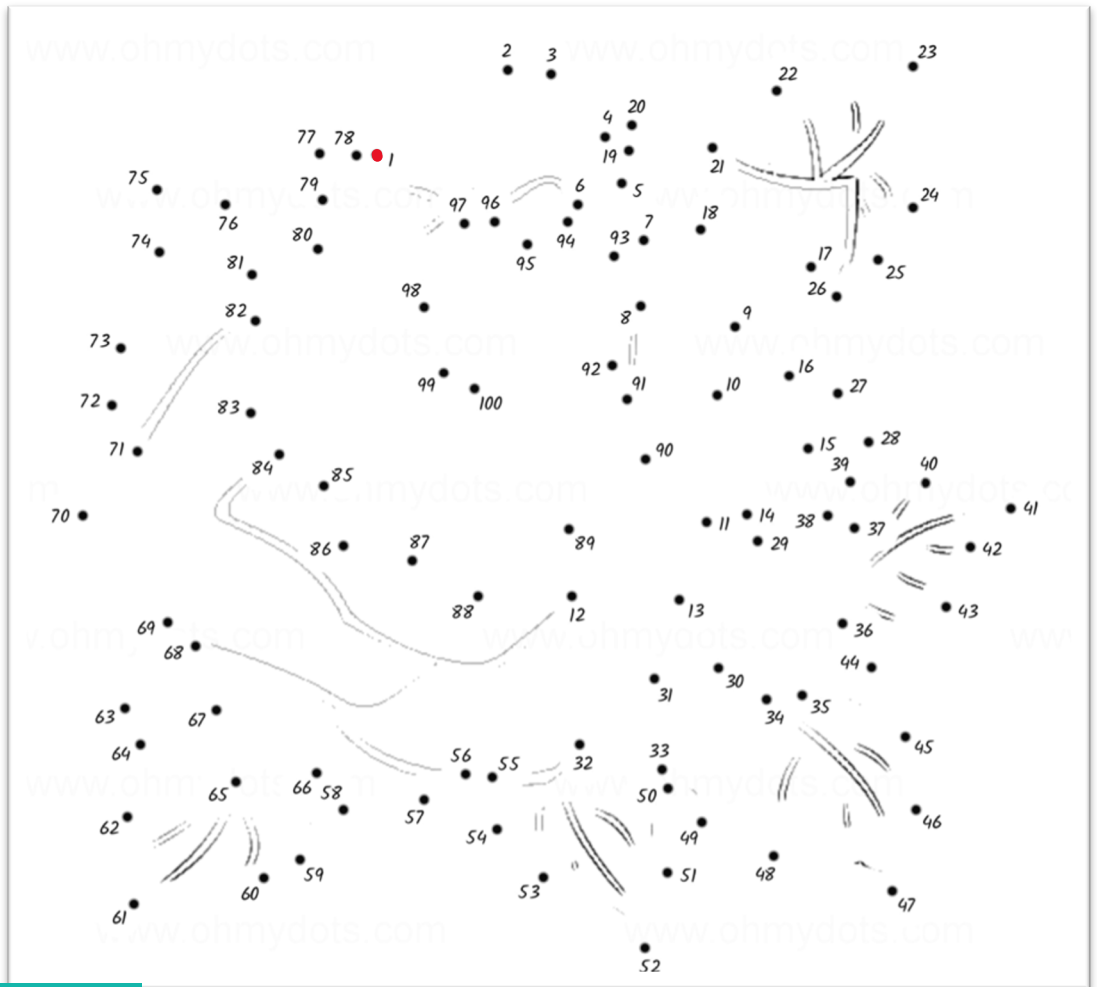
Word Wheel



List as many words as you can, using the centre letter in all words.

 Nine letter word

Join the Dots



Name that car badge



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Hydration Word Search

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

1. water
2. drink
3. hydrate
4. health
5. fluids
6. replenish
7. refresh
8. quench
9. thirst
10. electrolytes
11. sodium
12. balance
13. sweat
14. balance
15. absorb
16. refill
17. sip
18. gulp
19. beverage
20. liquid
21. intake
22. mineral
23. urine
24. performance
25. recovery
26. wellness
27. vitality
28. fatigue
29. alertness
30. bottle
31. glass
32. ice
33. chilled
34. sparkling
35. tap
36. clarity
37. heat
38. straw
39. exercise
40. environment
41. temperature
42. dry
43. cramps
44. focus
45. energy
46. stamina
47. regulate
48. renal
49. output
50. circulation



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Spot 10 differences in Camden



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Answers

Name that car badge Subaru, Audi, Kia, Tesla, Mercedes-Benz, Suzuki, Toyota, Hyundai, Skoda, Mazda, Volkswagen.

Words that start with G:

- Gleam, 2. Grit, 3. Glide, 4. Giggle, 5. Grumble, 6. Glance, 7. Gentle, 8. Gather, 9. Grateful, 10. Gaze

Word Wheel: Fantastic

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

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



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Add some colour



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