

Client Newsletter

More
than just
a meal™

Happy New Year to you all,

We hope you had a wonderful time celebrating with family and friends over the Christmas and New year break.

We are expecting quite an exciting year with new outings prepared from February onwards which will be sent out once the program has been finalised.

Chair Yoga with Cate continues through 2026 as it was extremely popular last year. If you have never tried Chair Yoga you should. It is an easy, fun, and social way to improve balance, strength, and flexibility. The perfect type of exercise to reduce your risk of falls. Call us for more information.

Our bus is now wrapped in a wonderful new design, be sure to keep a look out through Camden and surrounding LGA's.

The new reforms that were implemented in November 2025 have caused some confusion amongst our clients, so we are hoping to have a discussion group organised this year which will hopefully shed some light on the "Support At home" program, date to be advised.

As per usual our wonderful volunteers have returned refreshed after a short break ready to take you shopping, to medical appointments or to hairdressers' appointment etc. All we ask is if you could give us as much notice as possible to enable us to allocate a volunteer for you. A small fee is applied for this service. Any questions please do not hesitate to call the office on 4655 6822.

Sincerely, the friendly team at Camden Meals on Wheels.

Upcoming events

- Wednesday 14 January: Camden Hotel and Lunch, pick up 11.00am
- Wednesday 21 January: Warragamba Op Shop and Lunch, pick up 9.30am
- Thursday 22 January: Card Making at CMOW 10.00am - 12.00pm
- Monday 26 January: Australia Day
- Wednesday 28 January: Chair Yoga and Lunch, Plough and Harrow

Happy
New Year
2026

A poet and you know it

Together We Shine

A smile shared over morning tea,
A laugh that comes so easily,
Old stories told, new ones begin,
The joy of company draws us in.

A seat pulled close, a friendly face,
A sense of warmth, a steady place,
In being together, hearts still bloom—
We shine much brighter in the room.



Name that Australian footwear.....



Words that start with D

1. To officially remove something from a list or record.
2. A common pet that barks.
3. A strong feeling of disapproval.
4. A system of government where people vote.
5. To gradually weaken or waste away.
6. The result of not drinking enough water.
7. A false statement meant to damage someone's reputation.
8. A long period of lack or difficulty.
9. Showing great attention to detail and care.
10. Showing cleverness and skill.
11. To delay or slow progress.
12. A story your mind makes as you sleep.

Telephone 02 4655 6822

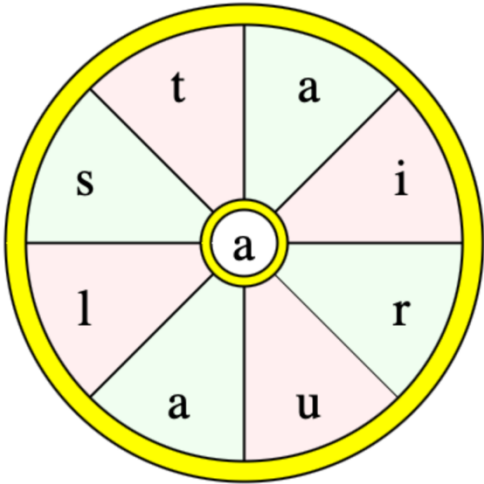
General email admin@camdenmow.org.au Newsletter email newsletter@camdenmow.org.au

Tongue Twister

On Australia Day, dizzy dingoes danced around dodgy deckchairs,
While giggling galahs gobbled gooey lamingtons near noisy neighbours.



Word Wheel



NINE LETTER WORD

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

Aussie Quiz

1. Where are the Three Sisters located?
2. What is the name of the world's biggest sand island?
3. Which city did cyclone Tracy destroy in 1974?
4. Western Sydney Aerotropolis is in which new suburb?
5. Australia's largest state?
6. Australian invention found in aircraft that records flight data?
7. What was legendary cricketer Donald Bradman's career Test batting average?
8. How many points is a goal worth in a game of AFL?
9. What colour is the seating in the Australian Senate Chamber in Canberra?
10. In what year did the long running soap opera, Home and Away first go to air?

Word Search

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

Great Barrier
 didgeridoo
 boomerang
 Kangaroo
 platypus Opera House
 wombat Hills hoist
 thongs lamington
 Uluru turtle
 dingo
 bushwalkin surf
 Australian reef
 crocodile emu
 outback sun
 Sydney Darwin
 aussie holden
 Tim Tam koala
 beach Canberra
 mate

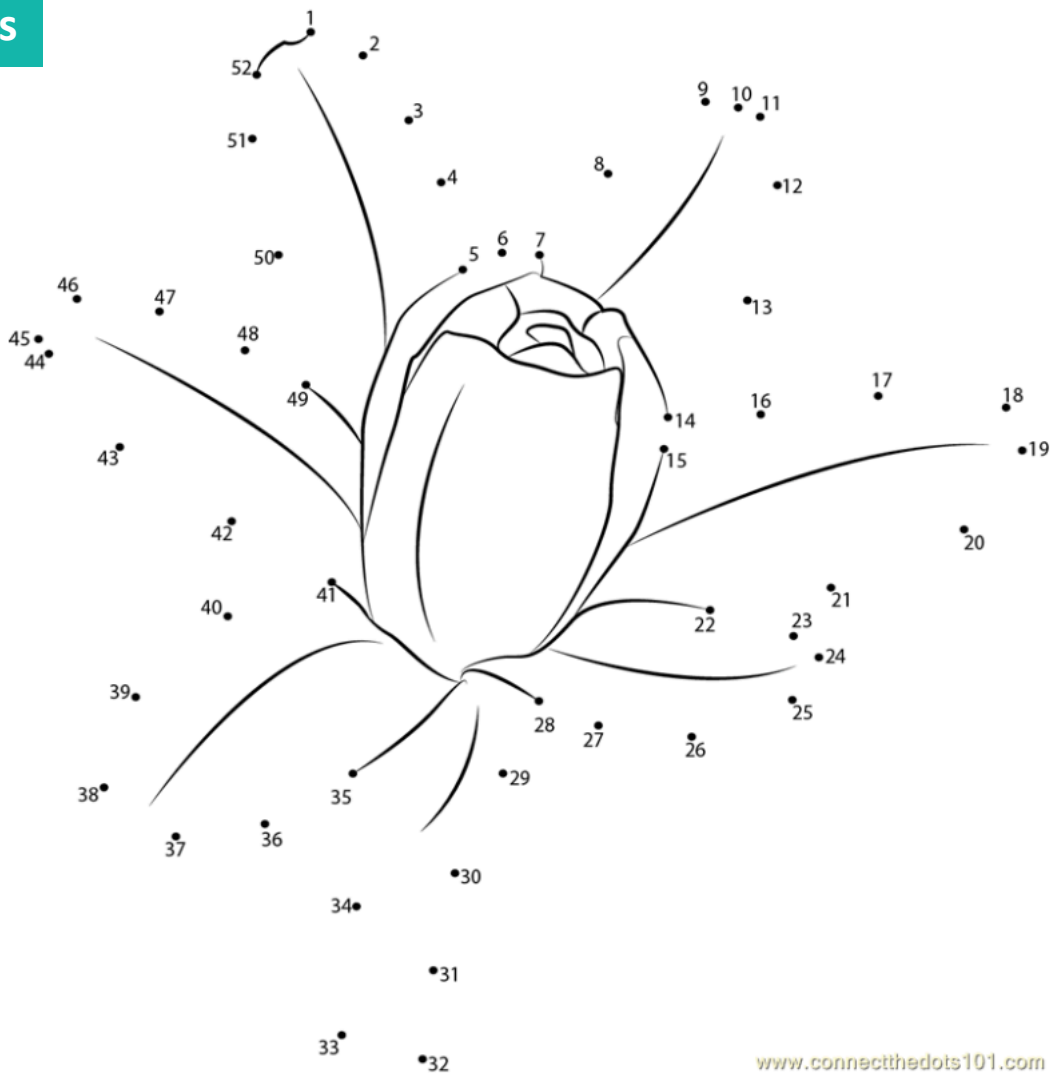
Sudoku

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

#171013

Difficulty: moderate

Join the Dots



www.connectthedots101.com

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General email admin@camdenmow.org.au

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Spot 10 differences at the Sydney Fireworks



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Answers

Name that Australian Footwear.... Ugg boots, Crocs, Thongs, Volley sandshoes.

Words that start with D:

1. Delete, 2. Dog, 3. Disdain, 4. Democracy, 5. Deteriorate, 6. Dehydration, 7. Defamation 8. Deprivation,
9. Diligent 10. Deft, 11. Detain, 12. Dream

Word Wheel: Australia

Aussie Quiz:

1. In the Blue Mountains, 2. Frazer Island, 3. Darwin, 4. Bradfield, 5. Western Australia, 6. Black Box flight recorder, 7. 99.94, 8. Six points, 9. Red, 10. 1988.

CRBREAYTNBIMATECTCYJYDWDIB
 WADZJUTWHHVZMPDBNTOUVSQLY
 LWSPESSPPJJUTAIAEQPQTWQOCV
 PKUEOSLRIRHBEACHBPNWZRKVBZ
 QVNPTIARFBFCLTUURHZQCDUR
 UAUZUEMXCUDRRPPSOOPLUVPCV
 LKIJRVIPZEJVVOGIHVXDUI SMH
 XGMPTINMMYGCCBOWOUDHELIF
 OTRNLBGESTSDOWGALLYAXSIYY
 WXQGEPTYHIHIDYHLDUTERINAW
 LZPMQROOISIDIZIKERMEXWIBO
 VPOCMRNDLKLGLZXINUOIKGIHR
 LVKCPSTRIVALEEEXNWOMBATUNY
 YOSURFOFMNSRES CGNKZLTRZPL
 XUWHIOPVGGHICCPATYPUSXOQ
 PTGVFFEUVADOEDJEEINKCDDVV
 JBIEMURRHRRIOPGRVJLHCOIUVV
 OAGWYCAWQOSOZYLENNRAIAGMJ
 OCKZXCHUGOTEWAKKSYDNEYLGP
 NKDETIUUOYGCWUKJVSUPPYAU
 JXDRIAUJICANBERRABBUNRYIH
 NCZEMYSWL GREATBARRIERJUJJ
 DYYETSEJGIETHONGSIVHILQGG
 HCAFAWLKBOOMERANGQS FQFPSJ
 IRYKMNODINGOMASRAUSTRALIAN

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



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