

# Client Newsletter

More  
than just  
a meal™

To our valued Clients,

As we move into March, there are some exciting things happening at Camden Meals on Wheels. We are having a few different workshop type activities in the coming months based around Wellness, Technology Help and Arts & Crafts for our clients and anyone over 65 to enjoy.

Don't forget we still have Chair Yoga every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month (subject to change) at the Senior Centre, 65 John Street, Camden. Come and join in the gentle exercise where you work at your own ability/pace with our wonderful teacher Cate. All that is required is that you bring your nonslip socks and a big warm smile for Cate. The centre opens around 9.30/9.45am for a cuppa and chat before the class begins. Classes start at 10:15am to 11.15am. Feel free to make your own way there. There is no cost for Chair Yoga. If you require transport, then please call the office on 4655 6822 to make the arrangements and calculate the transport cost.

## Upcoming Events

**Wednesday 4 March:** Celebrate Seniors Week with CMOW with a surprise activity and lunch supplied, 10.00am to 1.00pm

**Thursday 5 March:** Card making at CMOW 10.00am to 12.00pm

**Tuesday 10 March:** High Tea at CMOW for International Women's Day and Build a Bouquet 10.00am start (15 spots available).

**Wednesday 11 March:** Chair Yoga and lunch at Camden RSL 10.15am to 11.15am

**Thursday 12 March:** Card making at CMOW 10.00am to 12.00pm

**Friday 13 March:** Creative Arts Day with Sharon from Sharon Veness Art Therapy 9.30am to 11.30am Art equipment supplied (15 spots available).

**Wednesday 18 March:** Build a Bouquet with Camden Florist at CMOW 10.00am to 12.00pm (15 spots available).

**Wednesday 25 March:** Chair Yoga and lunch at The Oaks Hotel 10.15am to 11.15am

**Thursday 26 March:** Card making at CMOW 10.00am to 12.00pm

Participation is just a phone call away! **Call the office on 4655 6822.** The activities are free, so come and enjoy some time with the lovely staff at Meals on Wheels.

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](mailto:admin@camdenmow.org.au) or send a note with our Volunteers. We value your opinion and appreciate your input.

Sincerely, the friendly team at Camden Meals on Wheels.

## Menu changes

Fish Patties with Hollandaise Sauce will be replaced with ***Fish Cocktails with Sweet Potato Chips***

Fried Rice will be offered in place of mash potato with our **Chicken Teriyaki**.



**Steak & bacon casserole** from gourmet is also changing from a mini size to a ***main size only***. We have limited stock for the mini size.

## Phone scam safety

### Steps to protect yourself from phone scams



1. Check that the call is real by either:
  - a. contacting the person or organisation directly using contact details you've found yourself such as from the organisation's website or,
  - b. accessing an organisation via their official app (never via a link).



2. If you are not sure who a caller is or if they threaten or intimidate you, hang up immediately.



3. Never install software that allows someone access to your computer or device.



4. You can ignore calls from numbers you don't know or let calls go to voicemail.



**Good to know!**  
Scammers can still phone you even if you have a private number or are on the Do Not Call register.

### Signs a phone call might be a scam

#### The caller:



Asks for payment or asks you to move money to a new account.



Asks you for your password, pin, one-time code, or some other security information.



Asks you for your financial details, such as credit card or banking details.



Asks you to complete an action on your mobile phone or computer such as installing software or accessing a secure account.



Claims to be from law enforcement and threatens you with immediate arrest or deportation.



Says your bank or other online accounts have been hacked or involved in fraud.

The  
Little  
Book of  
Scams



**ScamWatch**  
Stop. Better safe than scammed.

Telephone 02 4655 6822

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## Gardening – Roses

Did you know there are literally thousands of different varieties and species of roses?

### MINIATURE AND PATIO ROSES

Dwarf roses range in height from 15-60cm high. They are perfect for the front of garden beds and small, deep containers.



### BUSH ROSES

This includes hybrid tea (large individual flowers), floribunda (dense clusters of blooms), heritage or heirloom roses and modern English roses. They range in height from around 1m to 2m or more in height and are the main choice for garden beds and large containers.



### SHRUB ROSES

This is the term given to a broad group of roses that includes the old-fashioned varieties such as Bourbons, Centifolias and Albas, and species roses. Shrubs range from dwarf up to 2-3m high. Most are quite vigorous and only flower for a short period in summer.



### CLIMBERS AND RAMBLERS

These are traditionally used to cover walls, fences, rose arches and pergolas. The main differences between the climbers and ramblers are that ramblers are more vigorous than climbers and only suitable to cover large areas, they tend to only flower once in summer and usually produce clusters of smaller flowers. Climbers are less vigorous, more compact, produce larger flowers and usually flower all summer long.



### GROUND COVER OR LANDSCAPE ROSES

These low growing roses are useful for covering quite large areas of ground. Generally, they don't produce thick mats of foliage so don't tend to be that useful for weed suppression but are great at producing a carpet of colour.



### STANDARD ROSES

Standard roses usually have a bush rose or a climbing rose variety grafted on top of a single, upright stem. They come in a range of heights, including quarter, half, and full standards.



### GROWING ROSES IN POTS AND CONTAINERS

Roses can be grown in large pots or planters with good drainage - choose a pot that's at least 2 to 3 times bigger than the original nursery pot.

## What is a reduplicative?

A reduplicative is a word or expression formed by repeating part (or all) of a word. It is often used as an expressive function. Here are some examples:

helter-skelter  
pitter-patter  
mumbo-jumbo  
flip-flop  
willy-nilly

wishy-washy  
chit-chat  
hip-hop  
sing-song  
super-duper

hocus-pocus  
riff-raff  
zig-zag  
boogie-woogie  
hum-drum

dilly-dally  
knick-knack  
tick-tock  
namby-pamby  
criss-cross



## A poet and you know it

Oh, steady your step and lift up your feet,  
Look for the drips you could potentially meet  
Pop on good shoes (not socks on the floor!),  
And switch on the light when you head through the door.

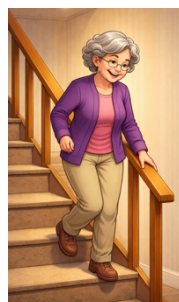
Clear out the clutter, the cords, and the mat,  
No sneaky trip traps — we're smarter than that!  
Hold onto rails when you're taking the stairs,  
No racing the cat... even if it is fair.

Keep moving each day, build balance and might,  
Strong legs and sharp eyes so you don't get a fright  
A wobble's a warning — don't shrug it away,  
Stay steady, stay savvy, and breeze through your day!



## Tongue Twister

Safe, sure steps stop silly slips



Telephone 02 4655 6822

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Newsletter email [newsletter@camdenmow.org.au](mailto:newsletter@camdenmow.org.au)

## Words that start with H

The organ that pumps blood around your body.  
 Where sick people are treated.  
 Worn on top of your head to protect it.  
 A large building for housing a plane.  
 A large body of salt water with piers or jetty's

Feeling delighted or pleased.  
 Perceive with the ear.  
 A place you live.  
 Optimism  
 High degree of heat.



## Sudoku

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

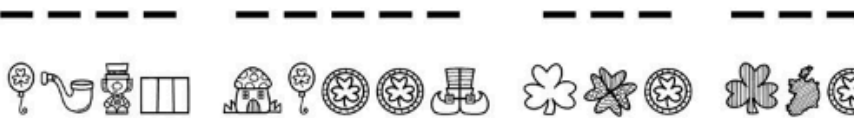
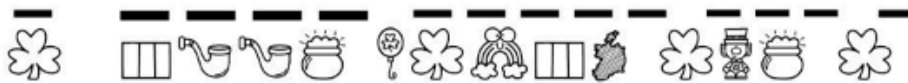
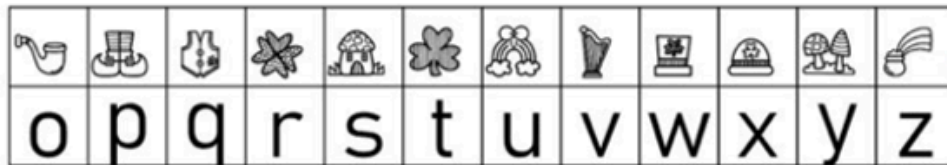
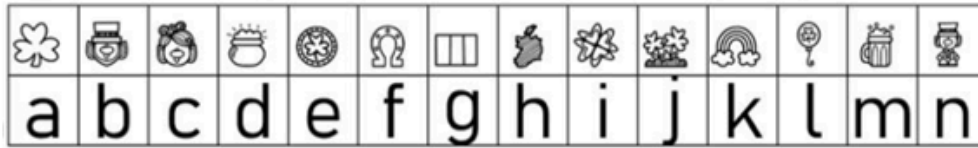
#65970

Difficulty: easy

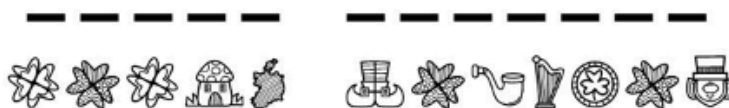
*May luck be your friend in whatever you do and may trouble be always a stranger to you.* Irish blessing.

## Code Breaker

Use the secret code alphabet to 'decode' the Leprechaun's message.



~



## Word connections

Find the one word that can be added in front of all words in each list to form new compound words. For example: Place the word "high" in front of the words "way" and "chair" and you get "HIGHWAY" and "HIGHCHAIR."

1. bench, shop, out, book
3. berry, bird, out, board
5. fall, mare, gown, shift

2. dew, bee, comb, moon
4. bag, made, ball, book
6. lion, bed, plane, food.

## Falls prevention Word Search

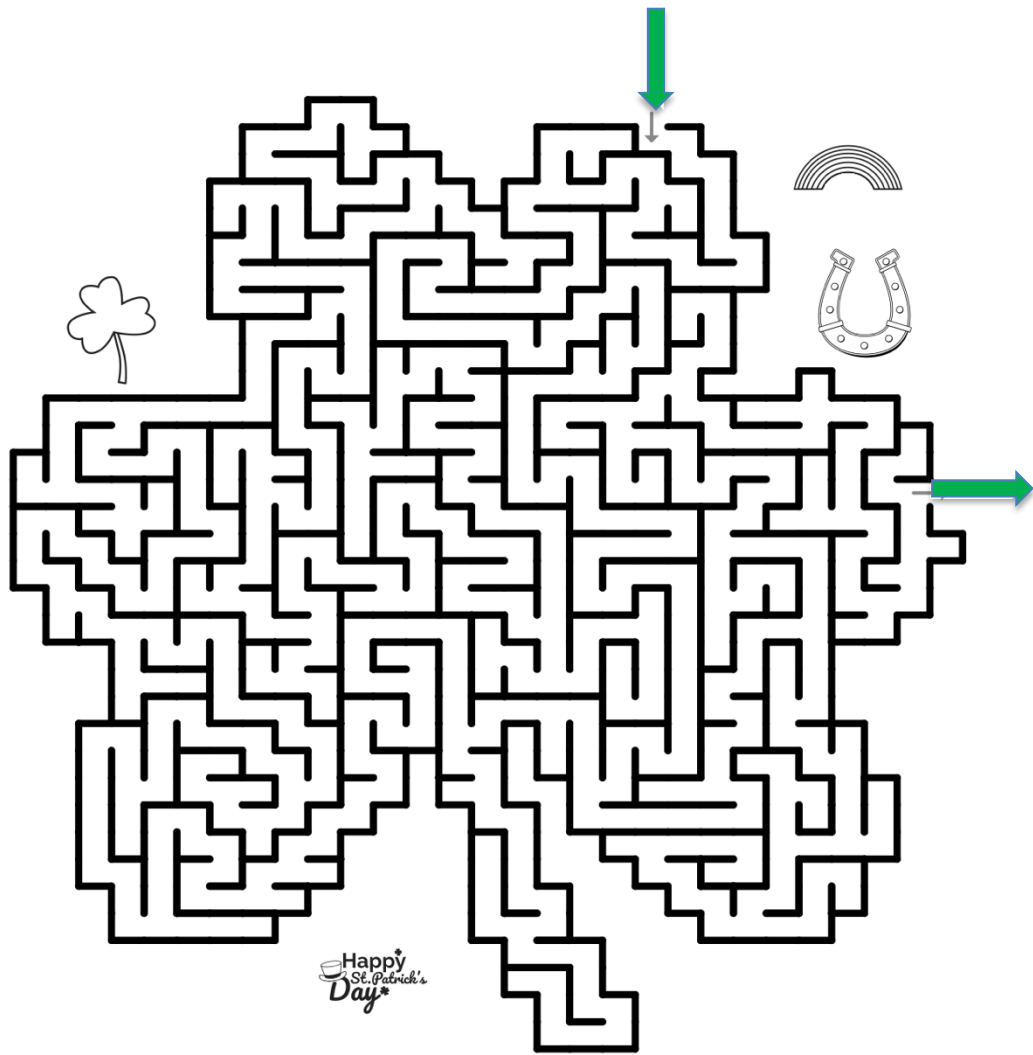
X	C	M	Z	S	P	Y	T	E	F	A	S	F	S	U	P	P	O	R	T
F	M	I	N	V	E	N	D	U	R	A	N	C	E	J	P	V	P	I	A
S	U	P	E	R	V	I	S	I	O	N	H	C	T	E	R	T	S	A	P
F	S	W	H	A	S	S	E	S	S	M	E	N	T	J	U	Z	Q	M	O
H	I	E	P	Y	L	I	G	H	T	I	N	G	J	N	G	H	B	K	S
C	G	N	I	N	E	E	R	C	S	E	D	U	C	A	T	I	O	N	T
A	L	E	R	T	N	E	S	S	H	Y	D	R	A	T	I	O	N	M	U
N	Z	K	X	F	I	S	T	R	E	N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

ALERTNESS  
ALIGNMENT  
ASSESSMENT  
AWARENESS  
BALANCE  
COGNITION  
CONDITIONING  
COORDINATION  
EDUCATION  
ENDURANCE  
ENVIRONMENT  
EXERCISE

FLEXIBILITY  
FOOTWEAR  
GRABRAILS  
HANDRAILS  
HYDRATION  
INDEPENDENCE  
LIGHTING  
MOBILITY  
MONITORING  
NUTRITION  
POSTURE  
REHABILITATION

RESISTANCE  
SAFETY  
SCREENING  
STABILITY  
STRENGTH  
STRETCH  
SUPERVISION  
SUPPORT  
THERAPY  
VIGILANCE  
VISION

## Maze



## Spot 10 differences



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# Answers

Words that start with H: Heart, Happy, Hospital, Hear, Helmet, Home, Hangar, Hope, Harbour, Heat

## Code breaker

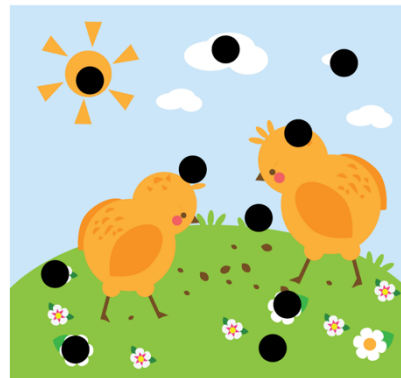
A good laugh and a long sleep are the two best cures for anything – Irish Proverb

Word connections - work, honey, black, hand, night, sea

## Solution of sudoku #65970:

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

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



Add some colour



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