

Client Newsletter

More
than just
a meal™

To our valued Clients,

The month of May will take us well into Autumn weather, with nice days and chilly nights...🍂

April was a very productive month at CMOW with lots of interesting outings, the Falls Prevention Workshop was a great success with Cameron and Raymond from The Physio Spot in Camden who got our clients up on their feet and focusing on balance and movement. Our staff also presented at the Camden Downs retirement expo.

Going forward, we aim to continue with workshops covering relevant topics, so if there are any topics you think may help you, please do not hesitate to call the office and let us know and we will see what we can organise.

May is Skin Cancer Awareness Month. If you haven't had a skin check for a while, this month of May is the reminder.

May Activity Program:

- Wednesday 6th Fairground Follies Bowral and lunch at Bowral Hotel. Pick up/Meet at the office at 8.00am **This event is now FULL**
- Thursday 7th Card Making at CMOW 10.00am to 12.00pm FREE class. *Cost if transport is required
- Wednesday 13th Chair Yoga and lunch at Rashays Narellan 10.15am start *Cost for transport/lunch
- Thursday 14th Card Making at CMOW 10.00am to 12.00pm FREE class. *Cost if transport is required
- Tuesday 19th Resin Cheeseboard Workshop Razorback Pick up 9.25am. **This event is now FULL**
- Wednesday 20th U Turn Clothing Campbelltown and lunch at The Sherwood Hotel
* Cost for transport / Lunch
- Wednesday 27th Flower Power Mount Annan Lunch Pick Up 10.30am *Cost for transport/lunch
- Thursday 28th Card Making at CMOW 10.00am to 12.00pm FREE class. *Cost if transport required

Get moving - Keep moving

We are looking for those of you who would be interested in going to a local gym, twice a week for 3 months at no cost. This would be under the guidance of a personal trainer. The cost of this program will be paid for by a grant that we received from the Australian Philanthropic Services. All we require from you, is that you complete a form at the end that tells us how much improvement has been made over the 3-month period, this of course will remain anonymous. If you think this is something you would like to commit to, please contact the office on 4655 6822 as we only have **ten** places available.

Any May activities that you wish to attend call the office on 4655 6822 to book your spots as they fill up quickly to avoid any disappointment.

Chair Yoga has had to be reduced to one session this month due to renovations at The Senior Centre. An extra session will be held in June.

Dates to Remember in May:

1st -31st - Skin Cancer Awareness Month
4th-10th - Heart Health Week
Tuesday 5th - World Hand Hygiene Day
Tuesday 5th - World Asthma Day
Sunday 10th - Mother's Day
Tuesday 12th - International Nurses Day
Friday 15th - International Day of Families
Thursday 21st – Australia's Biggest Morning Tea
(Official date, but events can run throughout June)
17th- 24th - Road Safety Week
18th - 24th - National Volunteer Week



AUTUMN VACCINATION

REMINDER

With the cooler months approaching, autumn is the ideal time to speak with a GP about the latest flu vax and COVID-19 boosters. Being proactive now helps ensure a smoother winter for both you and those that care for you.

Please remember that we are constantly looking for ways to improve your overall experience with us. We appreciate your feedback/comments, and we are happy to take on board any complaints on how we may be able to improve our services. 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.

Our logo is 'More than just a meal' which is more than just a logo! We also offer transport for our clients. We can take you to medical appointments, hair appointments, etc. Where we differ from other transport services is that our volunteers are able to stay with the you for the duration. We offer transport within the local Camden LGA, Campbelltown and Liverpool.

We require 5 - 7 days' notice where possible. For bookings and prices call 02 4655 6822 Mon-Fri 8.30-3.00pm. We understand that sometimes appointments are made *at short notice* and we will do our best to accommodate your needs in these situations.

Sincerely, the friendly team at Camden Meals on Wheels.

Menu changes

We are discontinuing the *Nippy's milk range*, which will be replaced by Paul's.

Paul's plus protein milk drinks:

- Banana & Honey
- Chocolate
- Summer berries
- Double espresso caramel

As well as

Paul's plus protein dairy snacks:

- Chocolate
- Vanilla
- Caramel



We will be keeping the Nippy's juices.

- Apple
- Orange
- Apple & Blackcurrant

Telephone 02 4655 6822

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

Food for thought – Be proactive with Protein

Protein supports health, immunity, and physical ability. It's a nutrient found in food and we often hear the myth that older people need less than younger adults. But research shows they may need more to maintain their muscle mass, strength, and health. Maintaining muscle mass and strength is important as people age, and protein plays a vital role in this process.

The benefits of maintaining muscle include:

- Independence
- less frailty
- lower risk of falls and fractures
- better immunity
- higher life expectancy
- help to control diabetes.

Each person's protein needs vary. As the body can't store protein to use later, it's important to spread protein across the day. This means including enough protein in breakfast, lunch, dinner, and snacks, to help fuel muscles and prevent loss of strength. A palm-sized amount of cooked lean meat provides about 20–30g of protein.

How Much Protein Do I Need Each Day?

A good daily target for adults aged **65 years and over** is:

1.0–1.2 grams of protein for every kilogram of body weight

Quick Guide Table

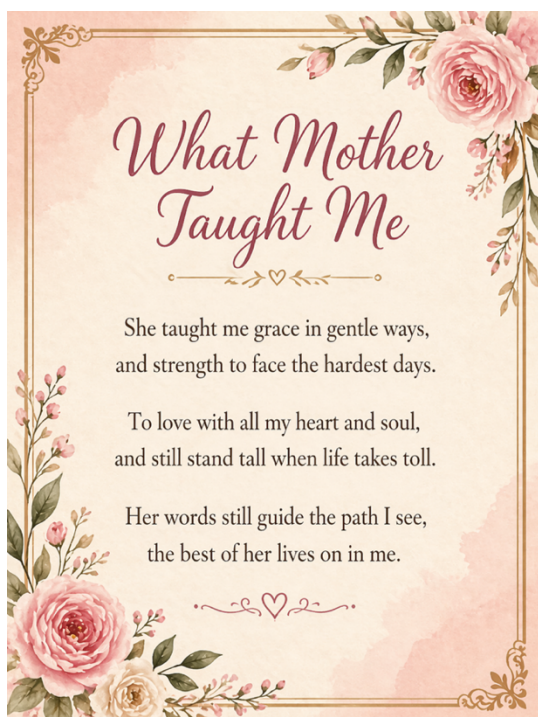
Your Weight	Protein Needed Each Day
50 kg	50–60 g
60 kg	60–72 g
70 kg	70–84 g
80 kg	80–96 g
90 kg	90–108 g

Simple rule:

Weight (kg) × 1 to 1.2 = grams of protein per day

Source: <https://www.agedcarequality.gov.au/providers/food-nutrition-dining-information-providers/food-thought-positive-stories/food-thought-be-proactive-protein>
<https://www.mdpi.com/2072-6643/16/9/1380?utm>

A poet and you know it



Telephone 02 4655 6822

General email admin@camdenmow.org.au

Newsletter email newsletter@camdenmow.org.au

Tongue Twister



Word Search

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

1. Mum
2. Mother
3. love
4. nurturing
5. patient
6. beautiful
7. caring
8. considerate
9. selfless
10. forgiving
11. smart
12. inspiring
13. thoughtful
14. brave
15. wise
16. hugs
17. family
18. memories
19. kindness
20. guiding
21. gentle
22. maternal
23. encouraging
24. warmth
25. supportive
26. tenderness
27. comforting
28. compassionate
29. protective
30. unconditional

Telephone 02 4655 6822

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

Words that start with R

- Drops of water that fall from clouds.
- A gemstone deep red in colour?
- The opposite of left?
- A rodent is known for its long tail and whiskers?
- A road made for trains.
- A colourful shape often appears in the sky after rain.
- A person who races in a competition.
- A root vegetable that is white and often grated in salads?
- What do pirates or sailors use to tie ropes together?
- A person who steals from others.
- What word means to run a competition again?
- A kitchen herb smells lovely and is often used with roast lamb?



Weather Idioms

- Under the Weather – feeling unwell.
- Head in the Clouds – daydreaming, not paying attention.
- Storm in a Teacup – a big fuss about a small problem
- Weather the Storm – to endure difficult times.
- Break the Ice – to initiate a conversation in a social setting.
- On Cloud Nine – extremely happy.
- Calm before the Storm – a period of peace before trouble starts.
- Chasing Rainbows – trying to achieve unrealistic or impossible dreams.
- Fair-Weather Friend – someone who is only around in good times.



Sudoku

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

#158876

Difficulty: moderate

Telephone 02 4655 6822

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

Maze

Help the bee
find its way through
the rose!



Something to ponder

If Cinderella's slipper was the perfect fit,
then why did it fall off?



Disney Quiz

1. What is the name of Mickey Mouse's dog?
2. Who is Simba's father in *The Lion King*?
3. Which princess loses a glass slipper?
4. What kind of animal is Dumbo?
5. Who is the little mermaid?
6. What is the name of the snowman in *Frozen*?
7. Which Disney character says, "To infinity and beyond"?
8. What is the name of the wooden puppet whose nose grows?
9. Who is Mickey Mouse's girlfriend?
10. Which princess has very long magical hair?
11. What type of fish is Nemo?
12. In *Beauty and the Beast*, who falls in love with the Beast?
13. What is the name of Aladdin's monkey?
14. Which princess lives with seven dwarfs?
15. What is the name of the fairy in *Peter Pan*?
16. Who is the cowboy in *Toy Story*?
17. What colour is Cinderella's dress at the ball?
18. Who is the villain in *Sleeping Beauty*?
19. What is the name of the lion cub in *The Lion King*?
20. Which Disney movie features a flying elephant?

Telephone 02 4655 6822

General email admin@camdenmow.org.au

Newsletter email newsletter@camdenmow.org.au

Answers

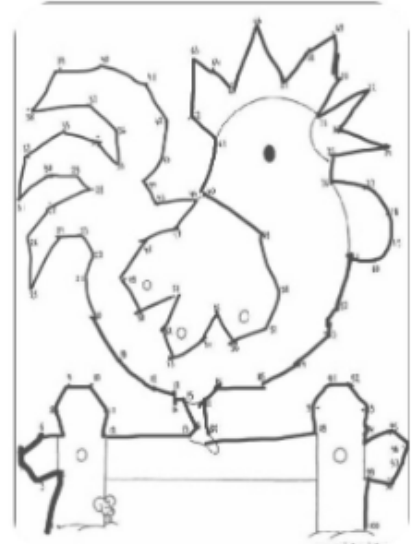
Words that start with R:

Rain, Ruby, Right, Rat, Railway, Rainbow, Runner, Radish, Rigging, Robber, Replay, Rosemary



Solution of sudoku #158876:

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



Disney Quiz

1. Pluto
2. Mufasa
3. Cinderella
4. Elephant
5. Ariel
6. Olaf
7. Buzz Lightyear
8. Pinocchio
9. Minnie Mouse
10. Rapunzel
11. Clownfish
12. Belle
13. Abu
14. Snow White
15. Tinker Bell
16. Woody
17. Blue
18. Maleficent
19. Simba
20. Dumbo

PDPJEPXFWIGMYCENTLENFYBBEWSGI
 OICSUFXGKNBIOVVSPOJKHPUJXHQHOG
 DQBPLQHKPKVEPTCFZVLCVHEZVPUOQ
 GJQUAKBSLVLIRYQVCUCJOWKZMWPUXY
 GRWSNVTEMWCPZNOWLXKXZSLCTYUMEL
 VVVBSSXSLMKIREAUTIFUMXIFOHPCOH
 TQQRPNQFANMCS DVPKSPLANOXGTJQSX
 KVJGVHBLTEEXHGMBZDMVQRMLCFSUZZTL
 ZTGSRIJPEIEKLZPOQIUWXFMOOCYSZ NJKA
 CRUPHIAIRSRRIELTZTHMRJATWXXFUNCKIL
 EIWBNEOSNGRFXWRRTTZYPTUSPTAWOMLC
 RVNEGNTHAVZGPPBNTSKKRTCAKUZW
 GMERFEDEZLEIVSCVVZLBLEIEKMRAPC
 ZWSVEECCWIAFFECTIONATNBCHUAZSI
 MQPXURITBTEEPKLPETMTHDYLLTGKHA
 DZJPEENIIZPTWSCCLHHEFGENBVUIIDCA
 YOXCSEVVCZIBJQFFRANLZESQERNEIT
 MIPHTSUSFEDNGNFCRANLZESQERNEIT
 MQUSA SDOZMFAUHBCIINMNOCHTGCRMV
 DITIFCVEYD PATIENTDINMNOCHTGCRMV
 KSGCTWTGRAVAELNPHYCPDES MUOIR
 THOUGHTFULFVTUUUYKTNOCALFQQJWRN
 PSTSZZPEGTRKBMRRAYDNUXSTELLBS
 ZCHNZFOJCOMFORTINGNDUPRESITZTUT
 AZVZERKUKRKFQZQMDXYTNCSSZIOYICS
 MOTHERLOVE)PSPJGFCGUIDINGMWRVX
 AXZIUUWBYUCONSIDERATE)KGEWNAZZ
 HUGSWTKWFUAHUPESUPPORTIVE)AOSAO
 QMAGVDMFUWKQBECBRKMEJVMQDHANG
 GGNSRDJYKHENZSGBEHLAZNFJJAHWLE

Add some colour



Telephone 02 4655 6822

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

Memory Lane Cafè

Wilton

Meet with others who can provide friendship and support while enjoying some entertainment and light refreshments.

You will also have the opportunity to chat with our trained staff and volunteers from Dementia Australia.

Memory Lane Cafe dates for 2026:

Thursday January 29
Thursday March 12
Thursday April 23
Thursday June 4
Thursday July 23
Thursday August 27
Thursday October 29
Thursday November 26

The Cafè support program is jointly funded by the Commonwealth Department of Health (health.gov.au) and the Victorian Department of Health and Human Services (dhhs.vic.gov.au)



Suitable for people living with a diagnosis of dementia, their family and friends.

Time
10.30am-12.30pm

Where
Wilton Community Centre
Main Hall
20 Broughton Street
Wilton NSW 2571

Further information
For more information and bookings please call Allison M 0482 188 147 or [NSWMemorylanecafe@dementia.org.au](https://www.nswmemorylanecafe@dementia.org.au)

Bookings are essential.

National Dementia Helpline **1800 100 500**

Find us online dementia.org.au



For language assistance
call **131 450**

Telephone **02 4655 6822**

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



Name: _____

Phone: 4655 6822
Unit 1, 18C Little Steet Camden NSW 2570

Delivery or pick up service available. Mains & Minis can be delivered frozen or hot.

CHSP* MENU at MAY 2026 Premium Menu Main Size \$9.90 | Mini Size \$7.50 | Desserts \$4.00

	Main	Mini		Main	Mini		Main	Mini
Apricot Chicken			Slow Cooked Beef with Pepper Gravy			Apple & Rhubarb Brown Betty & Custard		
Braised Lamb Chops & Creamy Gravy			Slow Cooked Lamb Shanks			Apple Pie & Cream		
Braised Steak & Onion Gravy			Spaghetti with Creamy Garlic Prawns			Golden Syrup Pudding & Custard	limited stock	
Beef Bourguignon			Spaghetti Carbonara			Lemon Meringue Pie & Cream		
Chicken Parmigiana			Steak & Bacon Casserole			Rice Pudding with Apple & Blueberry Compote		
Chicken & Cashews with Rice			Special Fried Rice with BBQ Pork			Purees		
Creamy Chicken & Bacon Pasta			Roast Beef & Gravy					
Parmesan Crusted Fish			Rosemary & Garlic Chicken with Potato Bake					
Pork Scallopini			Tasmanian Salmon & White Wine Sauce					

Everyday Range Main Size \$8.00 | Mini Size \$6.90

BEEF			CHICKEN			SEAFOOD		
	Main	Mini		Main	Mini		Main	Mini
BBQ Sausage & Baked Beans			BBQ Chicken			Barramundi, Lemon Butter & Rice		
Beef Casserole			Butter Chicken with Rice			Cheesy Tuna Bake		
Beef Lasagne			Chicken Breast Mango			Crumbed Fish & Wedges		
Beef Pot Roast			Chicken Carbonara			Crumbed Fish with Potato Bake		
Beef Rissolle & Gravy			Chicken Stirfry & Noodles			Curried Prawns with Rice		
Beef Stroganoff			Chicken Schnitzel & Gravy			Fish Patties with Hollandaise Sauce	limited stock	
Corned Beef			Chicken Teriyaki			Fish Cocktails with Sweet Potato Chips		
Cottage Pie			Fried Rice & BBQ Chicken			Salmon & Vegetable Patties		
Curried Sausages			Honey Soy Chicken with Rice			Tempura Fish with Lemon Sauce		
Irish Beef Stew			Lemon Chicken Schnitzel with Rice			VEGETARIAN		
Meatloaf & Gravy			Mild Chicken Curry with Rice			Gnocchi with Creamy Tomato Sauce		
Roast Beef & Gravy			Roast Chicken & Gravy			Pumpkin & Spinach Frittata		
Sausages & Gravy			Sweet & Sour Chicken with Rice			Spinach & Cheese Canneloni		
Savoury Mince						Vegetable Parcel		
Spaghetti Bolognaise						Veggie Pesto Pasta		
Steak & Kidney						Vegetable Patties		
Steak & Mushroom Pie						Vegetable Quiche		

Telephone 02 4655 6822

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

LAMB		Main	Mini	PORK		Main	Mini	SOUPS \$3.30		Qty
Lamb Casserole				Honey Pork & Pineapple Casserole with Rice				Beef & Vegetable/Roll		
Lambs Fry, Bacon & Gravy				Macaroni, Ham and Cheese				Chicken & Vegetable/Roll		
Lamb Potato & Mushroom Pie				Pork Meatballs with Sweet & Sour Sauce & Rice				Chicken Noodle/Roll		
Roast Lamb & Gravy				Roast Pork & Gravy				Chicken & Sweet Corn/Roll	coming soon	
DESSERTS \$3.30		Qty		Stuffed Baked Potato & Pulled Pork				Creamy Pumpkin/Roll		
Apple & Blueberry Crumble				Sweet & Sour Pork with Rice				Creamy Tomato		
Banana Cake				Pulled Pork & Mexican Rice				Hearty Vegetable/Roll		
Bread & Butter Pudding								Minestrone/Roll		
Butterscotch Pudding							Pea & Ham/Roll			
Carrot Cake							Potato, Leek & Bacon/Roll			
Cheesecake Slice										
Chocolate Mousse										
Choc Mud Cake										
Coconut Cake		limited stock								
Custard Danish										
Fruit Pavlova										
Lemon Cheesecake										
Marshmallow Slice										
Sticky Date Pudding										
Tiramisu										
Vanilla Tea Cake & Custard										
				NIPPY'S \$4.00		Qty		PAUL'S PROTEIN MILK - 400ml \$4.00		
				Iced Chocolate 500ml		limited stock		Banana & Honey		
				Iced Coffee 500ml		limited stock		Chocolate		
				Iced Honeycomb 500ml		limited stock		Espresso & Caramel		
				Vanilla Malt - Protein 500ml		limited stock		Summer Berries		
				NIPPY'S \$2.50		Qty		PAUL'S PROTEIN DAIRY SNACK \$3.00		
				Apple Juice 250ml				Chocolate		
				Apple Blackcurrent Juice 250ml				Vanilla		
				Orange Juice 250ml				Caramel		

You can order meals online at www.camdenmealsonwheels.com.au

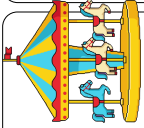





* This meals service is supported by the Commonwealth Government under the Commonwealth Home Support Program

Telephone 02 4655 6822

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



MAY 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3 Chair Yoga pick up start @ 9:15
4	5 	6 Fairground Follies Bowral Pick Up 8.00	7 Card Making @ CMOW 10-12pm	8	9	10 Mother's Day 
11 	12	13 Chair Yoga + Lunch @ Rashays Narellan	14 Card Making @ CMOW 10-12pm	15	16	17
18 Start of National Volunteer Week 	19 Resin Workshop Razorback Pick Up  9.25am	20 UTurn At Campbelltown Lunch The Sherwood	21	22	23	24
25	26 	27 Chair Yoga + Lunch @ Mount Annan Hotel	28 Card Making @ CMOW 10-12pm	29	30	31

