

# Client Newsletter

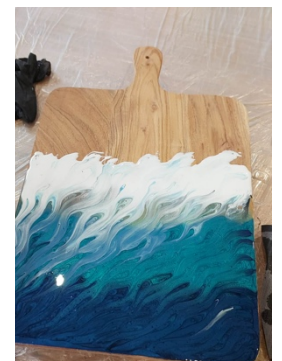
More  
than just  
a meal™

To our valued Clients,

Wow, June is here. We are almost halfway through 2026 already. How did that happen?

May was a great month for our activities thanks to the Australian Philanthropic Services grant we received late last year. Our outing to Fairground Follies in Bowral was a huge success. The clients had an amazing time with some audience participation involved. The owners of the establishment Craig and Grace, were very welcoming and spoke about the history of the 100-year-old carousels originally from Luna Park, the many musical organs and they oozed with excitement of their knowledge, with a few Dad jokes thrown in. It is somewhere we would highly recommend if you were in the Bowral area.


We also found the artists within and took part in a Resin Workshop making a Resin Cheeseboard. Those who attended had a wonderful time learning a new skill and were hoping to be able to attend more workshops like this in our future programs.



Chair Yoga sessions at the Camden Seniors Centre are always enjoyed by the class members. We are pleased to announce that Chair Yoga will continue through to June 2027, thanks to CMOW funding. If you feel like doing some gentle exercise and having a fun time doing it, give us a call on 4655 6822 to add your name on our list. Doors open around 9.45am -10.00am for a cuppa and a chat beforehand. Classes start at 10.15am until 11.15am.

Transport for Camden Meals on Wheels clients is available for a small fee.



 June brings more exciting activities starting with a Glass and Paint class being held at CMOW office with lunch included. Paint a canvas of Peonies flowers to add some colour to these winter days. This will bring out your budding artist. You will be guided through the process. **Bookings are required.**

We are also having a tour of Camden Art Gallery on Wed 17 June, followed by lunch at the local RSL Club (lunch will be at your own expense).



On Thursday 18 June we are hosting a Biggest Morning Tea, raising funds for Cancer Research. Help bring us closer to a cancer free future by supporting a great cause. Our event will start at 10.45am. Come along for a sweet or savoury snack for gold coin donation.

We are still looking for a few more people to participate in a 3-month Gym membership at Mount Annan Leisure Centre. Transport is included in this free membership. All we require is your commitment to 2 days a week for a 3-month period with a dedicated personal trainer. An initial "Progress Check Matrix Assessment" will be conducted and at the end of the program the matrix will be completed again to outline your improvements over the 3 months; all matrix details will remain anonymous. This initiative is funded by The Australian Philanthropic Services Grant and open to anyone over 65 years of age.



### June Activity Program:

- Tues 2 June: Glass and Paint + Lunch. 11.00am start at CMOW office
- Wed 3 June: Chair Yoga + Lunch at The Plough & Harrow  
**Chair Yoga class starts at 10.15am -11.15am**
- Thurs 4 June: Card Making With Linda @ CMOW 10.00am -12.00pm
- Wed 10 June: Chair Yoga + Lunch @ Narellan Hotel
- Thurs 11 June: Card Making With Linda @ CMOW 10.00am -12.00pm
- Wed 17 June: Camden Art Gallery + Lunch @ Camden RSL Pick Up 9.45am
- Thurs 18 June: Biggest Morning Tea. Drop in from at 10.45am  
**Gold Coin Donation please 🍰**
- Wed 24 June: Chair Yoga + Lunch at Appin Hotel
- Thurs 25 June: Card Making with Linda at CMOW 10.00am -12.00pm



Telephone 02 4655 6822

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

We have introduced some new menu items: -

- Chicken and Corn soup served with a dinner roll.
- Protein milk drinks available in Summer Berries, Honey and Banana, Chocolate and Double Espresso Caramel.
- Protein Plus snacks in Caramel flavour as well as Vanilla and Chocolate flavours.

Get Enough  
Protein

As we age, we require more Protein in our diets to improve Bone Health, Immunity and Healing and to prevent muscle loss. Poor bone density can lead to fractures, lower immunity can lead to more illness, and longer recovery time and muscle loss can lead to more falls and less independence due to falls and frailty.

It might be a good idea to have a chat to your Doctor about the correct amount of daily Protein to suit your individual needs.

Camden Meals on Wheels is more than just a meal service. We offer transport to medical appointments, hair appointments, shopping with our social support and accompanied activities.



We can have a volunteer come to you or your loved one's home for a cuppa and a chat as a one off or recurring visit. We try to match our volunteers/ clients with the same or similar interests to make the conversation flow that little bit easier.

You could even have a meal with a volunteer at your home with our *Meal Mates* program. We understand that family are often busy or rushed with work and other daily commitments, so that is where we find our services provide social connection.

If you require any of these services, please contact us on 4655 6822 Mon-Fri 8.30-3.00pm. Transport is offered for fee depending on your destination. As our transport is conducted by our wonderful volunteers, we require at least 5 days' notice. We appreciate that somethings happen at short notice, we will try to accommodate you as best we can.

Camden Meals on Wheels is committed to providing the highest quality services to all our clients. We value all feedback, including compliments, suggestions and/or complaints from our clients, our client carers, and our volunteers. Feedback helps us review our practices, improve our services, and ensure we continue delivering the support our community deserves.

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](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.

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We are hoping to get some interest in our upcoming new classes, "Knit, Stitch and Yarn", but before we can do that, we are on the lookout for a wonderful person who can volunteer their time to instruct a class on these skills. It would be for a 2-hour class to be held fortnightly. If you or someone you know would be interested in volunteering, we would love to hear from you. Give the office a call on 4655 6822 to discuss the details and your availability.



We are also looking to start a "Walk & Talk Group" to begin in July. If this is something that you think you would be interested in, please give the office a call on 4655 6822 for more information.



## Volunteers Week

During Volunteer week 18-24<sup>th</sup> May we celebrated our amazing volunteers with a thank you lunch held at the CMOW headquarters.

We enjoyed a beautiful Mexican lunch- thanks to Billie and enjoyed each other's company. We also had a guest speaker who gave insight into, How CMOW's Insurance works and what is covered.

Our new volunteer shirts were handed out at the thank you lunch, so you might see our new shirts on our volunteers out in the community.

Here we have Chris and Malcolm sporting the new volunteer tops.



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# Australia's Biggest Morning Tea Wordsearch



## Find the words

- Teacup
- Milk
- Spoon
- Tea trolley
- Fruit platter
- Muffin
- Espresso
- Bake
- Flour
- Cupcake

**Thursday 18 June**  
**Drop in from 10.45am.**  
**GOLD COIN DONATION.**



## A poet and you know it

The beauty that surrounds us  
 is quiet as the morning dew,  
 hidden in golden sunsets,  
 and skies of endless blue.

It lives in gentle laughter,  
 in trees that softly sway,  
 in kindness shared between us,  
 and simple moments each day.

The world is full of wonder,  
 if we pause enough to see—  
 beauty blooms around us,  
 in all that's wild and free.



## Connection

### **When you walk into a room full of strangers**

Almost everyone has experienced it: you walk into a room where people are already talking, laughing, and connecting — and suddenly you feel like the only person without a place to stand. Whether it is a community event, a family gathering, a class, a meeting, or a social club, not knowing anyone can feel uncomfortable and intimidating.

The good news is that you are far from alone in feeling this way. Many of the people in that room have likely felt the same at some point. Feeling awkward in unfamiliar social situations is a very normal human response.

What matters most is not being the loudest or most confident person in the room. It is simply finding small ways to make yourself comfortable and open to connection.

### **Start Small**

You do not need to walk in and suddenly become the centre of attention. Small steps are enough. **Try:**

- Smiling at someone nearby
- Introducing yourself to one person
- Asking a simple question such as:
  - “How do you know everyone here?”
  - “Have you been to this before?”
  - “What brought you along today?”

People usually appreciate friendly conversation more than we expect.

### **Remember That Most People Feel Nervous Too**

It is easy to assume everyone else is confident and settled. Sometimes the person standing alone in the corner is hoping someone will speak to them first. By saying hello, you may help them feel more comfortable too.

### **Focus on Listening**

One of the biggest mistakes people make is believing they must be entertaining or interesting all the time. Good conversation is often about listening. Showing genuine interest in others can create connection naturally.

Simple follow-up questions work well:

- “That sounds interesting — how did you get into that?”
- “What do you enjoy most about it?”
- “Have you lived here long?”

People generally enjoy talking about their experiences when someone is truly listening.

## Give Yourself Time

Friendships and comfort rarely happen instantly. The first visit to a new group or event can feel awkward simply because everything is unfamiliar. The second time is often easier. The third time feels more natural. Over time, faces become familiar, and conversations begin to flow more comfortably.

You do not have to feel perfectly confident straight away.

## Take Pressure Off Yourself

Sometimes we create extra anxiety by expecting too much from one interaction.

You **do not** need:

- To impress everyone
- To make best friends immediately
- To stay for hours if you feel overwhelmed

Even attending for a short time is an achievement. Every experience helps build confidence for the next one.

## Helpful Tips for Feeling More Comfortable

- Arrive a little early before large groups form
- Stand near welcoming or open groups rather than tightly closed circles
- Hold a drink, notebook, or phone if it helps ease nervous energy
- Take short breaks outside if needed
- Set a small goal, such as talking to two new people
- Attend activities connected to your interests, where conversation comes more naturally

**Important to Remember** - Walking into a room where you know nobody takes courage. Even showing up is something to be proud of. Connection usually begins with one small moment: a smile, a greeting, a shared laugh, or a simple conversation. You never know which small interaction could become the start of a friendship, a new opportunity, or simply a reminder that you belong more than you think.

**The Success: Connection, Confidence and Community**  
Older Australians building friendships and thriving together

**New Friendships**  
Regular connection leads to meaningful friendships and a strong sense of belonging.

**Improved Wellbeing**  
Social connection boosts mood, reduces loneliness and supports better mental health.

**Increased Confidence**  
Trying something new and meeting others builds confidence and a sense of achievement.

**Stronger Communities**  
When older Australians connect, communities become more vibrant, inclusive and supportive.

**A Brighter Outlook**  
New experiences, shared stories and everyday connections create happiness and purpose.

One conversation can change everything. Say hello. Get involved. You belong. ❤️

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## Tongue Twister

*Windy winter waves washed Warren's wetsuit*



## Words that start with J

- The “Red Planet”?
- Precious stone that is traditionally green?
- A sport that uses a Gi and coloured belts?
- What sweet spread is commonly made from fruit and sugar?
- The month that comes after June?
- What type of puzzle uses interlocking pieces?
- Dance style that originated in Harlem, popular in the 1930s?
- An item of clothing, typically made from denim?
- To travel or go on a trip?
- The martial art from Brazil featuring dance-like moves?
- What large wild cat is native to the Americas?
- Means happiness or great pleasure?
- Which biblical figure famously survived inside a whale?



## Sudoku

<b>7</b>			<b>3</b>		<b>1</b>			<b>5</b>
		<b>1</b>		<b>8</b>	<b>7</b>	<b>6</b>		<b>4</b>
<b>6</b>	<b>4</b>			<b>7</b>		<b>9</b>		
				<b>2</b>	<b>5</b>			<b>6</b>
<b>2</b>	<b>8</b>							
<b>3</b>								<b>1</b>
			<b>2</b>	<b>5</b>				
		<b>4</b>	<b>7</b>					<b>2</b>

#100251

Difficulty: moderate

## Word Search – Social Connection

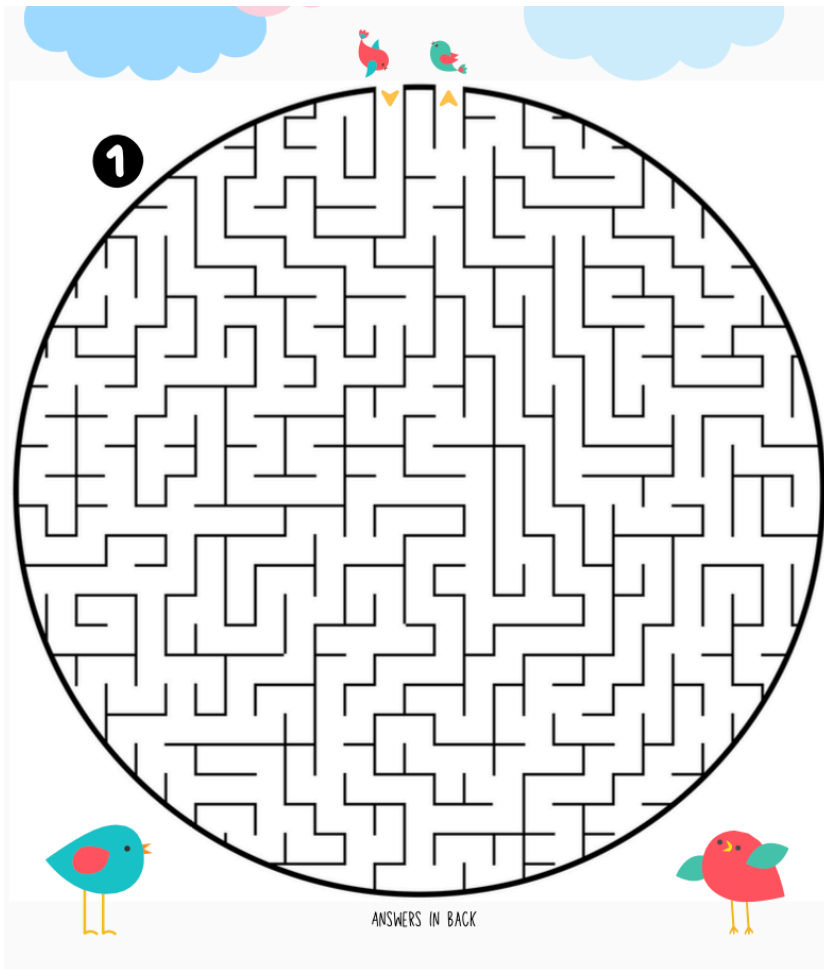
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 G T Y Y G C Q W Y D F I E U V T M S Z Q A M S N Z X P Q L K  
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 A S F B H C P J B O G V Z O H C Q K R B U O T P O F O C I P  
 W A R M T H A U K A N C Q I E I J S H A R I N G N I M O T Q  
 I B R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

1. Friendship
2. Belonging
3. Community
4. Companionship
5. Conversation
6. Inclusion
7. Togetherness
8. Kindness
9. Support
10. Caring
11. Empathy
12. Understanding
13. Trust
14. Acceptance
15. Encouragement
16. Warmth
17. Laughter
18. Listening
19. Respect
20. Unity
21. Welcoming
22. Connection
23. Sharing
24. Compassion
25. Cooperation
26. Fellowship
27. Socialising
28. Neighbourhood
29. Familiarity
30. Confidence
31. Engagement
32. Participation
33. Interaction
34. Harmony
35. Comfort
36. Communication
37. Camaraderie
38. Happiness
39. Affection
40. Openness
41. Loyalty
42. Positivity
43. Inclusion
44. Companions
45. Supportive
46. Bonding

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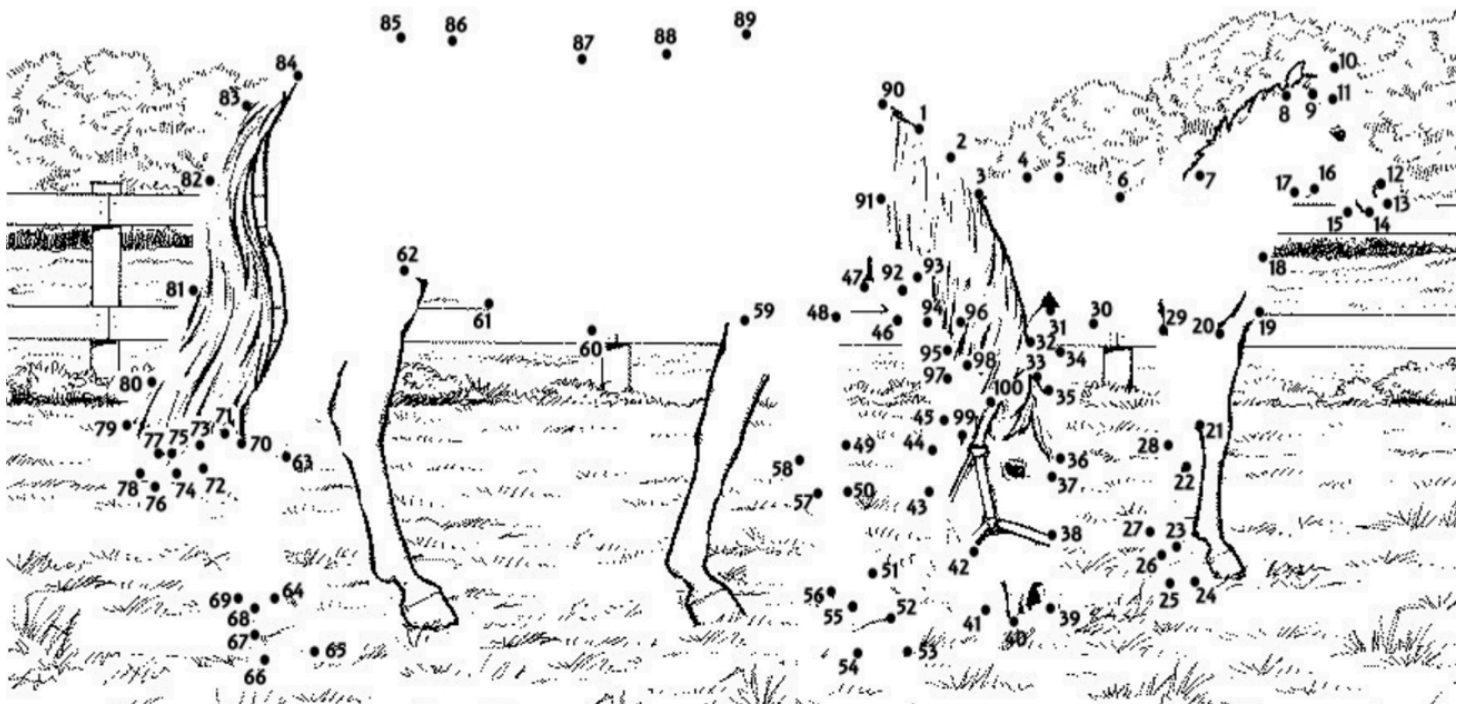
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# Maze



# Dot to Dot

[www.AnimalDotToDots.com](http://www.AnimalDotToDots.com)



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# 2026 June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1		2 <b>Glass &amp; Paint @ CMOW 11.00</b>	3 <b>Chair Yoga + lunch @ Plough and Harrow</b>	4 <b>Card Making @ CMOW 10-12pm</b>	5	6
7	8	9	10 <b>Chair Yoga + Lunch @ Narellan Hotel</b>	11 <b>Card Making @ CMOW 10-12pm</b>	12	13
14	15	16 	17 <b>Camden Art Gallery + Lunch @ Camden RSL 9.45 pick up</b>	18 <b>Biggest Morning Tea @ CMOW 10.45</b> 	19	20
21	22	23	24 <b>Chair Yoga + Lunch @ Appin Hotel</b>	25 <b>Card Making @ CMOW 10-12pm</b>	26	27
28	29	30 <b>Biggest Morning Tea is a gold coin donation please</b>				

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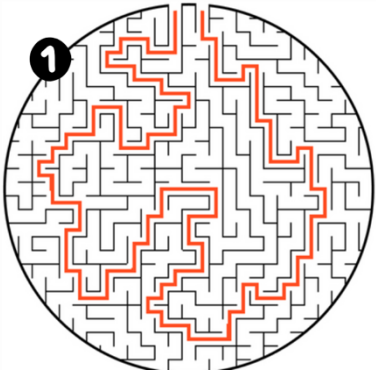
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# Answers

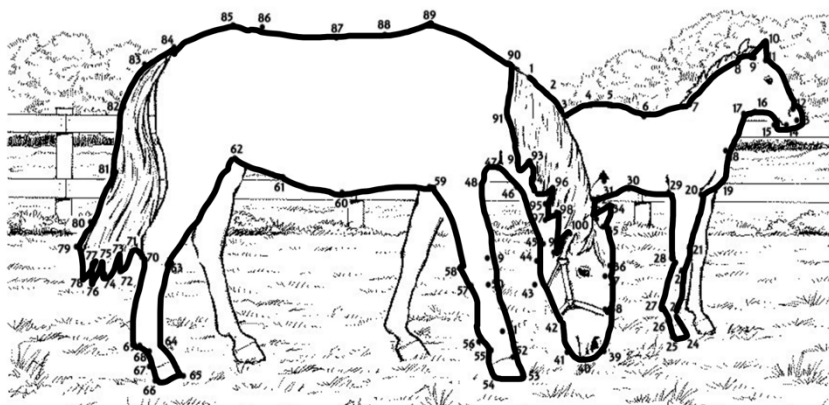
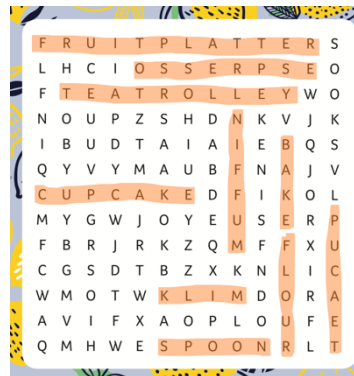
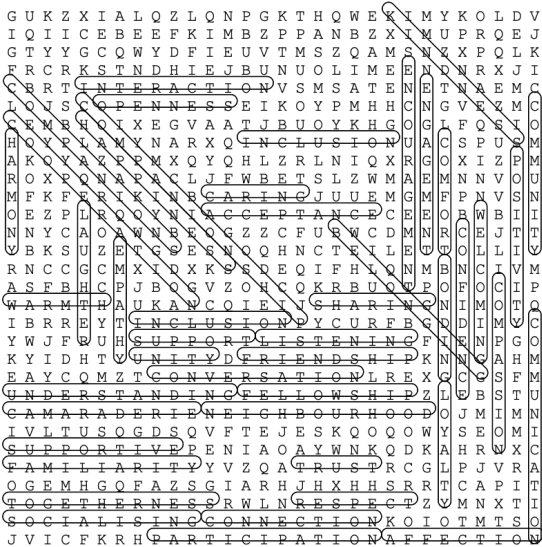
Words that start with J:

Jupiter, Jade, Judo, Jam, July, Jigsaw, Jitterbug, Jeans, Journey, Jiu-Jitsu, Jaguar, Joy, Jonah



Solution of sudoku #100251:

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



Add some colour



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