Meals on Wheels™ Camden

October 2026

Newsletter

More than just a meal™

Dear Community Members, Clients, and Friends,

As we step into October, the month brings a wonderful **opportunity to focus on connection, care and supporting one another** across Camden.

The days ahead offer a great backdrop to reflect on the warmth, community spirit and shared effort that make our region so special.

At **Camden Meals on Wheels**, our mission remains centred on delivering not just nourishing meals, but also kindness, companionship, and a daily reminder that no one in our community is ever alone.

Did you know our services go far beyond meal deliveries? Our dedicated volunteers also provide essential social and transport support to help our local seniors stay active, independent, and connected.
We are currently looking for friendly faces to join our volunteer team and lend a helping hand:

- **Flexible Hours:** Fits easily around your existing weekly schedule.
- **Local Impact:** Help neighbours right here in our local Camden community.
- **Get Started:** Call our friendly office at **4655 6822** to find out how easy it is to sign up!

Upcoming Events - October

Thurs 1st Card Making @ CMOW 10-12PM
Mon 5th Walk And Talk Group 8.45am at Chellaston St, Camden (Bottom end)
Wed 7th Lunch @ The Sherwood Hotel. Pick up at 10:30am
Mon 12th Walk And Talk Group 8.45am at Chellaston St, Camden (Bottom end)
Wed 14th Chair yoga + Lunch @ The Royal Hotel
Thurs 15th Card Making @ CMOW 10-12PM

Mon 19th Walk And Talk Group 8.45am at Chellaston St, Camden (Bottom end)
Wed 21st Featherdale Wildlife Park. Pick up at 9:15am

Thur 22nd Card Making @ CMOW 10-12PM
Mon 26th Walk And Talk Group 8.45am at Chellaston St, Camden (Bottom end)
Wed 28th Chair yoga + Lunch @ Narellan Hotel
Thur 29th Card Making @ CMOW 10-12PM

** Lunch at client's expense unless otherwise stated ** Transport available for CMOW clients for a fee depending on LGA
** Chair Yoga pick up starts from 9.15am. ** Event days pick up starts from 10.00am unless otherwise stated

Community Engagement Highlights

Walk and Talk Group
Join our friendly group for a delightful mix of gentle exercise, laughter, and meaningful social connections!
Whether you're looking to stay active, meet new people, or simply enjoy a supportive and relaxed environment, we welcome everyone to come along, get moving, and have a great time together exploring our local community.
Every week the walking group will be led by Kel, Michelle, and some of our fabulous Volunteers.
We will be meeting at the Camden Bike Track: Chellaston Street (Bottom end), Camden. at 8:45am.

If you would like to put your name on the list, please call the office 4655 6822.

As usual we are still running our **Chair yoga classes** every 2nd and 4th Wednesday of the month at The Senior Citizens Centre 65 John Street, Camden.

Class begins at 10.15am to 11.15am with tea or coffee served before class at 9.45am.

**Transport is available to Camden Meals on Wheels clients for a small fee depending on LGA.*

POWER ELITE
PHYSIOTHERAPY

Camden Meals on Wheels are collaborating with **Power Elite Physiotherapy** at Narellan a light exercise 10-week **"Strength And Wellness"** Exercise Program.

- Classes are Tuesday and Thursday weekly
- Starting from 6th of October - 17th of December 2026 at 1.30pm
- 45-minute class

This will be conducted by an Exercise Physiologist, Ben Dowswell, PhD, and will consist of **light exercises** suited to the individual client's abilities.

To begin the program, there will be a group assessment completed by Ben at the gym on a date to be advised.
This program is **free** to the client.
All we require is the 10-week commitment from you!
Transport is available for a small fee.

We have only **10 positions available** to make it a more personalized experience for the client.

If you are interested in attending or have any questions, please contact the office on 4655 6822 to put your name on the list.

October Birthdays

This September, we're celebrating our amazing clients born this month — wishing you a year filled with success, joy, and wonderful moments!"

Pamela. H	**Elsie**	**Gweneth**	**Alan. W**	**Heather**	**Sheila**	**Lynette**
Frances	**Ruth. B**	**Olive F**	**Janet**	**Janice**	**Robyn**	
Maureen	**Margaret. T**	**Nora**	**Geoffrey**	**Gwen**	**James**	
Ann	**Carol**	**Marjorie**	**Byron**	**Joyce**	**Helen**	

Recent Escapades

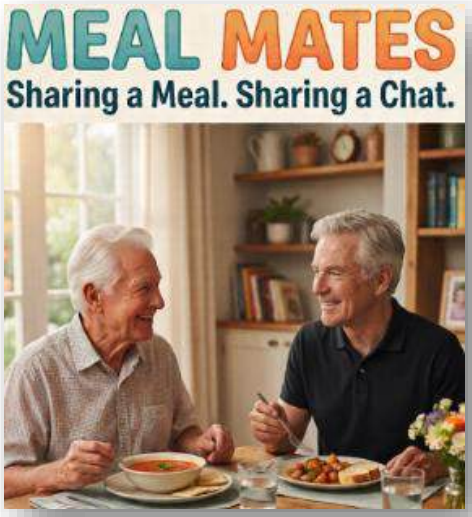
Our group set off on a fantastic outing to **Brookfield House** on Hill Street in Camden, eager to unwind and spend **quality time together in a vibrant, historic setting**.
From the moment we arrived, the historic house and picturesque grounds provided the perfect backdrop for our day, offering a charming mix of relaxed elegance and inviting warmth.
We gathered over delicious scones and tea, filling the rooms with lively conversation, laughter and endless catchups.
Whether strolling through the scenic surrounds or sharing stories around the table, the trip **gave everyone a welcome break from the daily routine** and brought our group even closer together.

These social outings are a wonderful way to connect with familiar faces, enjoy a change of scenery and make new memories outside of home.

Please call the office on 4655 6822 if you would like to attend one of our upcoming outings.

Our Volunteers

Be more than a meal:" Be a meal Mate!
Ask us how to join our "Meal Mates" Program



Camden Meals on Wheels offers the **Meal Mates program**, connecting volunteers with clients for shared meals and companionship.
Those interested in volunteering or joining the program as a client can call 4655 6822 for more information.

Congratulations to **Graham**, our **Volunteer of the Month**!

We're so grateful for the incredible support of **Graham**, whose kindness and dedication shine through everything he does.
Whether he's delivering meals with a warm smile or joining our Walk and Talk group to share friendly conversation, Graham brings genuine care and connection to everyone he meets.
His friendly nature and willingness to help make a real difference in our community.

Thank you Graham, for being such a valued part of our team!

More than just a meal™

We love OUR Volunteers

Volunteer with us!!!

Volunteering with Camden Meals on Wheels is about delivering much more than just a meal—it is about bringing connection, safety and a friendly smile to local seniors. Whether you want to drive a delivery route or become a chat buddy over lunch, just a **few flexible hours a month** makes **a massive difference** in helping our older neighbours live independently. It is incredibly rewarding, easy to fit into your schedule and you can **get started today by filling out the quick form at camdenmealsonwheels.com.au or by calling 4655 6822.**

From The Office

Public Holiday Notice: Labour Day (Monday, 5th October)

- **Service Closure:** The Camden Meals on Wheels office and delivery services are **closed on Monday, 5th October** for the Labour Day public holiday.
- **Meal Deliveries:** No deliveries will be made on Monday, 5th October.
  Frozen meals for the public holiday are delivered in advance during your regular scheduled delivery prior to the holiday.
- **Service Resumption:** Normal delivery schedules and office hours resume on Tuesday, 6th October.
- **Contact & Queries:** If you need to make changes to your upcoming deliveries or double-check your frozen meal order, contact the Camden Meals on Wheels office directly at **(02) 4655 6822**.

We now sell lamingtons from Glen's Bakery in The Oaks: They are sold in 6 packs. Add a pack to your next order or come into the office to purchase!

Fundraising Morning Tea

A **big thank you** to our wonderful fundraising supporters!

We would like to extend a heartfelt thank you to all the wonderful local businesses & Volunteers who supported our recent fundraiser:

- Bakers Delight Camden
- Brookfield House
- Camden Florist
- Chris & Mal Lynch (Volunteers)
- Coles Camden
- Mar and Dars café Camden
- Camden Priceline Pharmacy
- The Wholebeast Butcher Mount Annan
- Two birds bakery Camden

A sweet thank you to **Lolliland** in Smeaton Grange.

Lolliland generously donated lollies for our Volunteer expo and they were a hit!

The generous support helped us add a little extra sweetness to our table whilst giving us the opportunity to showcase what we do and connect with people interested in volunteering in our local community.

We love seeing local businesses and community organisations collaborate to make a difference and we're so grateful to lolliland for being part of this collaboration.

From The Kitchen

Try our new Protein flavoured milks

Pauls Plus+ Protein range brings a heavy-hitting boost to everyday dairy**, packing 30g of protein per bottle**!

The 4-Flavour Lineup

- **Chocolate**: The classic post-workout benchmark—rich, smooth, and simple.
- **Banana & Honey**: A naturally sweet combo designed for morning energy or midday recovery.
- **Summer Berries**: Fruity and refreshing for a lighter, non-chocolate option.
- **Double Espresso Caramel:** Dual-function kick combining caffeine with a high-protein boost.

Why Whey & Dairy Protein Matters

Whey and natural dairy proteins are complete protein sources, meaning they contain all nine essential amino acids needed for optimal body function.

- **Vitality & Daily Independence:** Age-related muscle loss accelerates over time. Rich in essential amino acids—especially leucine—complete dairy protein helps preserve physical strength, balance, and the independence needed for everyday activities.
- **Gentle & Fast Absorption:** Whey protein is easily absorbed by the body, delivering vital nutrients quickly to support strength without placing stress on digestive comfort.
- **Nourishment & Steady Energy:** Older appetites can naturally decrease. Liquid protein provides essential, concentrated nourishment to keep energy levels stable and prevent unwanted weight or muscle loss.

- **Bone Density & Joint Resilience:** Combining complete dairy protein with naturally occurring calcium strengthens bones and supports healthy joints, reducing the risk of fragility and supporting long-term mobility.

Meal changes

Say hello to our latest comfort-food favourite:

Main - Lemon Chicken with Roasted Potatoes.
Tender, juicy chicken infused with zesty lemon and herbs & paired with roasted potatoes. Add to your order today!

Please note that the *Mini Steak & Kidney from Gourmet* has been **officially discontinued** by the supplier, and we only have **limited stock remaining**.

Once our current stock sells out, we will be **replacing it with** the delicious *Mini Steak & Kidney from Bathurst*.

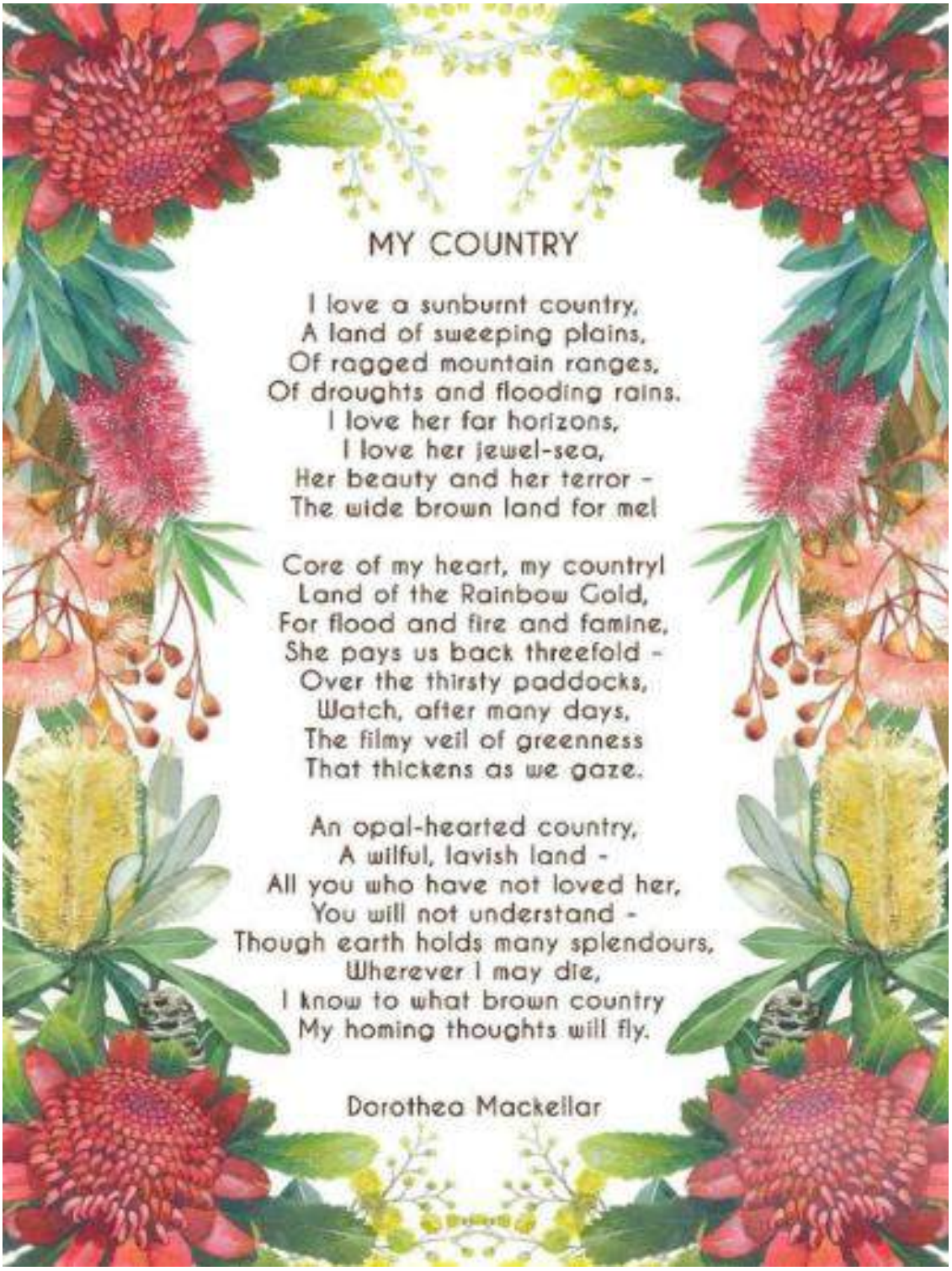
Thank you for your understanding, and we hope you enjoy the new addition!

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.

If you have any ideas for our newsletter or have an article you would like to add please get in contact with the office on 4655 6822, email to admin@camdenmow.org.au or send a note with our Volunteers.

We value your opinion and appreciate your input.

A Poet & You Know It



MY COUNTRY

I love a sunburnt country,
A land of sweeping plains,
Of ragged mountain ranges,
Of droughts and flooding rains.
I love her far horizons,
I love her jewel-sea,
Her beauty and her terror -
The wide brown land for me!

Core of my heart, my country!
Land of the Rainbow Gold,
For flood and fire and famine,
She pays us back threefold -
Over the thirsty paddocks,
Watch, after many days,
The filmy veil of greenness
That thickens as we gaze.

An opal-hearted country,
A wilful, lavish land -
All you who have not loved her,
You will not understand -
Though earth holds many splendours,
Wherever I may die,
I know to what brown country
My homing thoughts will fly.

Dorothea Mackellar

HELPFUL CONTACTS

EMERGENCY & CRISIS SUPPORT

Emergency assistance: (24 hours/7 days)	000
Lifeline's 24/7 service	13 11 14
Suicide Call Back: 24/7 counselling service	1300 659 467
Sexual assault/domestic and family violence counselling	1800 RESPECT (1800 737 732)
Poisons Information Centre: for 24/7 assistance	131 126

MENTAL HEALTH & WELLBEING

Beyond Blue's support	1300 22 46 36
SANE Australia's service	1800 187 263
Head to Health	1800 595 212
Griefline	1300 845 745

CARER & DISABILITY SERVICES

Carer Gateway	1800 422 737
Centrelink for Carers & Disability	13 27 17
National Disability Insurance Scheme (NDIS)	1800 800 110
Aged & Disability Advocacy	1800 818 338

SENIOR & AGED CARE SERVICES

My Aged Care	1800 200 422
National Dementia Helpline	1800 100 500
Dementia Support Australia	1800 699 799
Older Persons Advocacy Network (OPAN)	1800 700 600
Elder Abuse Prevention	1800 353 374

GENERAL MEDICAL & HEALTH

Medicare	13 20 11
Healthdirect for a nurse triage service	1800 022 222
National Continence Helpline	1800 330 066

COMMUNITY & SPECIALISED SUPPORT

MensLine Australia: helping men deal with relationship problems	1300 78 99 78
Relationships Australia: relationship support services	1300 364 277
QLife's support service: Phone and webchat 3pm – 9pm every day	1800 184 527
National Alcohol and Other Drug	1800 250 015
Gambler's Help hotline: 24/7	1800 858 858
Translating and Interpreting Service (TIS National)	13 14 50 and 1800 131 450

Word Games

The "S" Edition: Movie Trivia Quiz *(all answers start with the letter S)*

1. Which 1977 Sci-Fi epic, directed by George Lucas, launched a massive franchise set in a galaxy far, far away?

2. What cinematic term refers to a movie that continues the story or expands upon the narrative of a previously released film?

3. Which classic 1952 musical, starring Gene Kelly and Debbie Reynolds, features famous dance numbers in the rain?

4. What word describes a written document outlining the narrative, dialogue, and camera directions for a film?

5. Which iconic 1991 psychological thriller starred Jodie Foster as Clarice Starling and Anthony Hopkins as Hannibal Lecter?

6. What is the name for a short, high-energy sequence of dynamic clips used to highlight a film's features or promote an upcoming release?

7. Which 2001 animated fantasy film features an ogre, a talking donkey, and the voice talent of Mike Myers?

8. What term describes the background instrumental music written specifically to accompany and enhance the dramatic tone of a film?

9. Which 1994 film, directed by Frank Darabont and starring Tim Robbins and Morgan Freeman, takes place inside a prison?

10. What role in film production is responsible for designing, acquiring, and arranging the physical background items on a set?

11. Which 1996 meta-slasher film, directed by Wes Craven, features the iconic "Ghostface" killer?

12. What term refers to a secondary narrative or secondary plotline running parallel to the main story in a movie?

Halloween Tradition: Fill in the Blanks

Halloween traces its roots back over 2,000 years to an ancient _____ festival known as _____.

The festival celebrated the end of the harvest season and marked the beginning of the new year on _____.

Ancient people believed that on the night before the new year, the boundary between the living and the dead blurred, allowing _____ to return to Earth.

To protect themselves from wandering spirits, people lit giant _____ and wore _____ made from animal heads and skins.

Carving pumpkins into _____ originated in Ireland, where people originally carved scary faces into _____ to ward off evil spirits.

The popular modern tradition of going door-to-door for treats is called _____.

Today, children collect small gifts and _____ from neighbours on Halloween night.

Sudoku

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

#1720 Difficulty: moderate

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

#193878 Difficulty: moderate

Word Search

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

Daylight Saving
Outdoor Cinema
Night Markets
Long Weekend
Bushwalking
Sculpture
Festival
Kayaking
Breeze
Sunbathing
School Holidays

Terrigal Trip
Spring Racing
Coastal Walk
Labour Day
Sunscreen
Harbour
Warmth
Picnic
Bondi Walk
Twilight Dining
Festival Vibes

Sunset Picnic
Garden Tours
Jacaranda
Halloween
Manly Ferry
Blooms
Rooftop Bars

Answer key

Halloween: Fill in the Blanks

Celtic —Samhain — November 1st —Ghosts — Bonfires —Costumes — Jack-o'-lanterns — Turnips —Trick-or-treating — lollies

The S edition

1. Star Wars • **2.** Sequel • **3.** Singin' in the Rain • **4.** Script • **5.** The Silence of the Lambs
6. Sizzle reel • **7.** Shrek • **8.** Score • **9.** The Shawshank Redemption • **10.** Set decorator
11. Scream • **12.** Subplot

Solution of sudoku #1720:

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

Solution of sudoku #193878:

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

Our Trivia Night Platinum Sponsors

Camden Hire:

Don't do it the hard way! No matter the job, Camden Hire has what you need.
At Camden Hire, you get the treatment of a family-run business as well as the benefit of decades of industry experience. They have a huge range of the latest equipment backed up by staff that are knowledgeable and focused on customer service. When you need to hire, come and see the team, you won't be disappointed! Camden Hire have been long standing supporters of Camden Meals on Wheels, and we are exceptionally grateful for their commitment to supporting local businesses.

Gearbox:

Pre-starts, Maintenance and Compliance software for fleets of heavy vehicles and equipment.
Driving safety and efficiency for over $20billion worth of assets across 7 countries.
Gearbox has been proudly operating for over 2 decades and we are proud to have the team supporting us this year.

Kelly Partners Oran Park:

Kelly Partners Oran Park is proud to be part of the local Camden and Macarthur Community.
The team is passionate about supporting local businesses, families, and community organisations. Kelly Partners provides accounting, taxation, and business advisory services, helping their clients navigate their financial needs and achieve their goals with confidence.

South West Cardiology:

South West Cardiology has been providing cardiology services in South-Western Sydney for more than thirty years. The practice has consulting rooms in Liverpool, Campbelltown, and Camden, and its specialists hold clinical and academic appointments at Liverpool Hospital, Campbelltown Hospital, and Sydney Southwest Private Hospital.

They are also clinical teaching leaders with the University of New South Wales and Western Sydney University medical schools. The team covers the full range of cardiology diagnostic services, coronary artery disease interventions such as stenting, structural heart procedures like TAVI valve procedures, and cardiac electrophysiology, including pacemakers, defibrillators, and ablation procedures for arrhythmias including Atrial Fibrillation. Across its three sites, Southwest Cardiology delivers a comprehensive heart service to patients in both the public and private systems.

The Plumbing Brigade:

THE PLUMBING BRIGADE

The Plumbing Brigade has been in operation for over a decade, servicing the Camden, Wollondilly & Southern Highlands area. The team provides all aspects of Plumbing, Drainage, Gas Fitting, Roofing & Excavation as well as maintenance and installation for domestic, commercial and Industrial clients. With the team taking on small jobs through to major projects, their motto says it perfectly – no job is too big or too small!

William R Groves:

William R. Groves
FUNERAL DIRECTOR

William R Groves Funeral Directors have been proud sponsors of Camden Meals on Wheels for many years. A local company, looking after the needs and dignity of families across the Macarthur region and beyond.
With offices at Camden and Picton, they are only a phone call away to support and guide you and your family through a difficult time in life. William R Groves - locals looking after locals.

Phil & Deb Bourke:
Proud supported of Camden Meals on Wheels

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Card Making @ CMOW 10-12pm	2	3	4 With Weather warming up our Walk and Talk Group will be meeting at Chellaston Street, Camden Bottom End) Camden Bike Track
5 Walk And Talk Group 8.45am at Chellaston St, Camden (Bottom end)	6	7 Lunch @ The Sherwood hotel Pick up at 10:30am	8	9	10	11
12 Walk And Talk Group 8.45am at Chellaston St, Camden (Bottom end)	13	14 Chair Yoga + Lunch @ The Royal Hotel	15 Card Making @ CMOW 10-12pm	16	17	18
19 Walk And Talk Group 8.45am at Chellaston St, Camden (Bottom end)	20	21 Featherdale Wildlife Park Pick up at 9.15am	22 Card Making @ CMOW 10-12pm	23	24	25
26 Walk And Talk Group 8.45am at Chellaston St, Camden (Bottom end)	27	28 Chair Yoga + Lunch @ Narellan Hotel	29 Card Making @ CMOW 10-12pm	30	31	

Telephone **02 4655 6822**
General email **admin@camdenmow.org.au** Newsletter email **newsletter@camdenmow.org.au**

Add some colour