



September 2026

Newsletter



Dear Community Members, Clients, and Friends,

As we welcome the gentle shift into spring, **September** brings with it a sense of renewal, fresh beginnings, and brighter days ahead. The local gardens are blooming, the days are stretching a little longer, and there's a renewed energy in the air — perfect for connecting, sharing, and caring.

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

Our services expand far beyond meal deliveries!

Did you know our volunteers also provide crucial social and transport support to keep our local seniors independent?

We are currently looking for friendly faces to help our clients attend medical appointments and complete their weekly grocery shopping trips.

- **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!

Message from the President

Dear Camden Community

I want to share a few important updates regarding aged care support and our local operations here at Camden Meals on Wheels.

1. Funding Certainty: CHSP Extended to 2029

The Australian Government has officially extended the Commonwealth Home Support Programme (CHSP) through to 30 June 2029. Importantly, CHSP will remain a standalone, block-funded service rather than merging into Support at Home. This extension gives

Telephone **02 4655 6822**

General email admin@camdenmow.org.au

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roughly 830,000 older Australians—and essential services like ours—long-term security to keep supporting clients to live independently at home.

2. Our Upgraded Delivery Vehicle

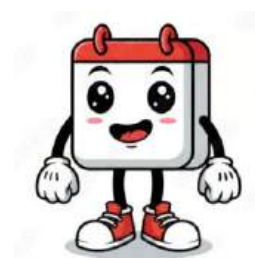
To support our operations, Camden Meals on Wheels has recently upgraded our delivery vehicle. This new car ensures our meals and our clients are transported reliably and safely while providing better comfort and safety for our hardworking drivers.

3. Managing Rising Costs & Price Adjustments

Like many households and organisations, we are navigating significant cost increases across fresh ingredients, packaging, vehicle upkeep, and fuel. While our team works hard to keep overheads low, we have had to make a modest adjustment to some of our prices to maintain our quality standards. We remain committed to keeping our services as fair, affordable, and accessible as possible.

Thank You for Your Support

Clare McCabe
President



Upcoming Events - September

Wed 2nd	Brookfield house - Scone Day
Thur 3rd	Card Making @ CMOW 10-12PM
Mon 7th	CMOW Walk and Talk Group Meet 10am @ Camden RSL Community Carpark
Wed 9th	Chair yoga + Lunch @ The Oaks Hotel
Thur 10th	Card Making @ CMOW 10-12PM
Mon 14th	CMOW Walk and Talk Group Meet 10am @ Camden RSL Community Carpark
Wed 16th	Mount Annan Botanic Gardens + Lunch at The Gardens Café
Mon 21st	CMOW Walk and Talk Group Meet 10am @ Camden RSL Community Carpark
Tue 22nd	CMOW Morning Tea Fundraiser (gold coin donation) 10:45am-12pm
Wed 23rd	Chair yoga + Lunch @ Camden Grove Estate
Thur 24th	Card Making @ CMOW 10-12PM
Mon 28th	CMOW Walk and Talk Group Meet 10am @ Camden RSL Community Carpark
Wed 30th	Bingo @ CMOW + Lunch @ Camden Sports Club

** 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

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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 RSL Community Memorial walk car park at 10am. The address is 23 Cawdor Road, Camden.

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



Community Engagement Highlights

Save the date – **Camden Meals on Wheels Morning Tea** will be on Tuesday 22nd September 10:45am.

We will have some delicious savoury & sweet treats and a raffle.

Raffle tickets will be available for \$2.00 each or 3 for \$5.00 and will be available for purchase in the office from Monday 27th July.

Please call the office on 4655 6822 if you would like to attend.



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.*



September Birthdays

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



Heather	Flavia	Gweneth	Judith	Reginald	Steven
Lorraine	Yvonne	Olive F	Donald	Norman	Norma (Happy 90 th)
Janice	Grahame	Nora	Elizabeth	Diane	Christine (Happy 80 th)
Judith	Maureen	Kaye	Marie	Bobby	

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Recent Escapades

Our group recently enjoyed a fantastic bus trip out for lunch at the historic Sutton Forest Inn.

Trip Highlights

- **The Ride:** Everyone hopped aboard the bus for a comfortable and scenic drive through the Southern Highlands.
- **The Atmosphere:** Friends caught up, shared stories, and enjoyed plenty of laughs along the way.
- **The Lunch:** We settled in for a hearty pub lunch and warm drinks in a cozy country setting.



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.



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 02 4655 6822, email to admin@camdenmow.org.au or send a note with our Volunteers. We value your opinion and appreciate your input.

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Our Volunteers

Congratulations to **Noel and Diane**, our **Volunteers of the Month!**

This award is a well-earned recognition of their hard work and dedication to Meals on Wheels Camden.

Beyond delivering meals and assisting clients with transport, Noel and Diane bring a **friendly, consistent presence** that our clients look forward to seeing. Their **reliability and positive attitude** make a real difference in our community every day. **Thank you**, Noel and Diane, for your continued support and hard work!



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.



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From The Office

Our Promise to You: Supporting Your Independence and Connection

At Camden Meals on Wheels, we follow government guidelines to bring you the best possible support.

This means embedding **wellness** and **reablement** into all our services, from meals to social outings.

We believe in partnering with you to keep you active, healthy, and independent. Here is what this looks like in practice:

Meals and Shopping: We provide you with access to nutritious food and grocery assistance so you can continue to enjoy good health and manage your household confidently.

Transport and Appointments: Our transport helps you get out and about, attend important appointments, and maintain your autonomy.

Social and Active Outings: We offer a range of engaging group activities, including chair yoga, community lunches, card making, and arts and crafts. These activities help you stay physically active, express your creativity, and build connections with friends and new people.



In line with the **Statement of Rights**, we work with you to identify your goals, consider your physical and psychosocial needs, build on your strengths, encourage participation, and promote your independence so you can reach your full potential.

Your goals and interests can change, and we want to make sure our services change with them.

Whether you want to try a new social activity like chair yoga, or join us on our other social outings, we want to hear from you.

Please call our office on 4655 6822, we can review your goals together and see how we can fit them into your current *Camden Meals on Wheels* service plan.

You are the driver of your care, and we are happy to help you live a fulfilled, confident life!

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Join us for the **Camden Meals on Wheels Morning Tea Fundraiser!**

Enjoy tea, conversation, and a variety of sweet and savoury treats while supporting our local community services.

All proceeds go toward our meals, social support, and transport programs.



Meals on Wheels™ Camden

More than just a meal™

Camden Meals on Wheels Morning Tea Fundraiser

Join us for a morning filled with delightful conversations, exquisite teas, and an assortment of sweet and savoury treats.

10:45AM - 12:00PM

TUESDAY 22nd OF SEPTEMBER 2026

UNIT 1/18C LITTLE STREET CAMDEN

**Raffle \$2 each or \$3 for 5
Guessing comp \$1 to enter
Please bring a gold coin donation**

All proceeds go to supporting meals, social support and transport.

Updated Transport Pricing



Meals on Wheels™ Camden

TRANSPORT PRICING

More than just a meal™

SERVICE AREA	PRICE (ONE WAY)
 Camden	\$8.50
 Campbelltown	\$17.50
 Liverpool	\$30.00

**BOOKING REQUIREMENT:
WE KINDLY REQUEST 7 DAYS NOTICE**

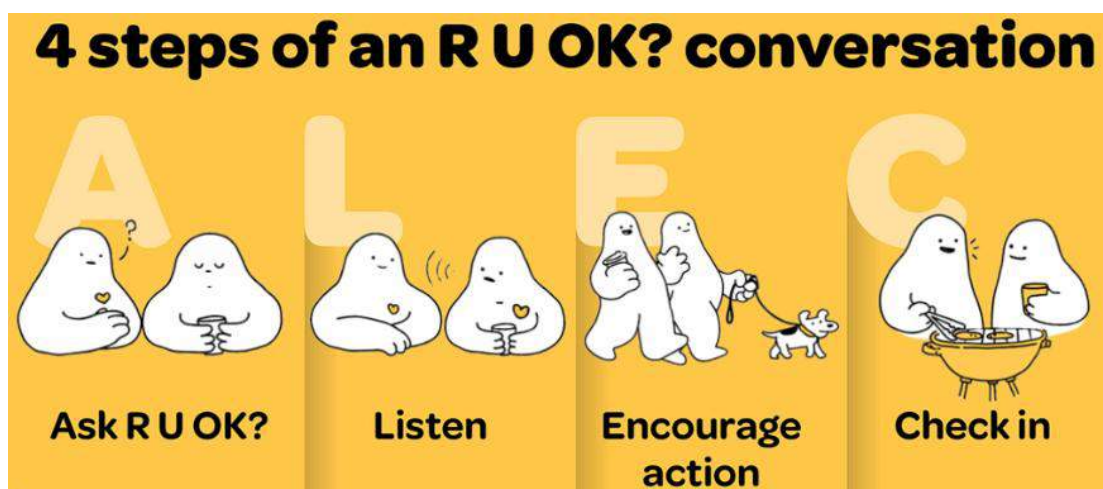
 **(02) 4655 6822**  **ADMIN@CAMDENMOW.ORG.AU**

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The Power of a Cuppa and a Chat: R U OK? Day



On **Thursday, 10 September 2026**, our community is marking **R U OK? Day**.

While it is a National Day of Action, the real goal is to remind us that we can check in on each other **any day of the year**.

As the years roll on, our routines change, friends move, and life throws different challenges our way. It is completely normal to have ups and downs, but no one should have to navigate them alone.

Checking in on a mate, a neighbour, or a loved one is simple. You don't need to fix their problems or have all the answers.

The official R U OK? guidelines recommend four easy steps:

Ask: Find a comfortable, quiet spot to chat.

Listen: Give them your full attention without judgment.

Encourage action: Suggest speaking to a GP, a family member, or a professional.

Check in: Give them a call a few days later to see how they are tracking.

Let's keep our community strong, connected, and caring. If you are feeling overwhelmed, remember that professional support is always available via **Lifeline (13 11 14)**



MEAL MATES

Sharing a Meal. Sharing a Chat.



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.

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From The Kitchen



Add a Splash of Refreshment to Your Next Delivery

We are excited to announce a fresh addition to the Meals on Wheels Camden menu! You can now pair your daily meals with a delicious, ice-cold bottle of Nippy's Juice.

Choose Your Favorite Flavour:

- **Orange & Passionfruit:** A sweet, tropical twist on a classic favourite.
- **Pineapple Crush:** Pure, refreshing sunshine in a bottle.
- **Orange & Mango:** Smooth, rich, and bursting with flavour.
- **Classic Orange:** 100% pure, crisp orange juice perfection.

Exciting New Dishes on the Menu: MyChoice by Lite n' Easy!

We are thrilled to bring you a delicious new variety of meals through our partnership with My Choice by Lite n' Easy. Whether you're craving classic comfort food, vibrant pasta, fresh seafood, or a lighter bite, there is something for everyone to enjoy!

What's New on the Menu:

- **Hearty Mains:** Indulge in classic favourites like Beef Bourguignon, Chicken Parmigiana, Apricot Chicken, Pork Scallopini, and Rosemary & Garlic Chicken.
- **Pasta & Seafood Favorites:** Enjoy flavourful options including Spaghetti Garlic Prawns, Spaghetti Carbonara, Chicken Bosciaola, Parmesan Crusted Fish, and Tasmanian Salmon.
- **Comfort & Spice:** Savor tender Slow Cooked Lamb, Slow Cooked Beef Pepper, Special Fried Rice Pork, and our baked Tortilla Stack.
- **Mini Sizes & Lighter Bites:** Perfect for smaller appetites, featuring Coconut Beef Curry, Fried Rice BBQ Chicken, and Oriental Beef Noodles.
- **Sweet Treats:** Save room for dessert with Rice Pudding Apple Blueberry or a delightful Strawberry Cheesecake Crumble.

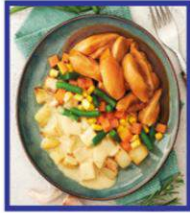
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Our Newest Lite n' Easy Meals



Main Size					Main Size
	Apricot Chicken	Beef Bourguignon	Chicken Parmigiana	Chicken & Cashew	
					
	Chicken Bosciaola	Parmesan Crusted Fish	Pork Scallopini	Rosemary & Garlic Chicken	
					
Spaghetti Garlic Prawns	Slow Cooked Lamb	Spaghetti Carbonara	Slow Cooked Beef Pepper		
					
Special Fried Rice Pork	Tasmanian Salmon	Tortilla Stack	Rice Pudding Apple Blueberry		
				Mini Size	
Strawberry Cheesecake Crumble	Coconut Beef Curry	Fried Rice BBQ Chicken	Oriental Beef Noodles		





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New packaging for Bathurst meals



Heating Instructions

Microwave is the best method for heating meals from frozen.

1. Pierce the film
2. For a 1000W microwave oven, heat on **HIGH for 6-8 minutes**
3. Check if heated all the way through, if not heat for another minute, or until the meal is hot all the way through.

Oven reheating is not recommended, if required, transfer food to an oven safe dish or plate before heating.

Food Safety

- Ensure the meal reaches at least 75°C before eating.
- Do not reheat more than once.
- If thawed, keep refrigerated and consume within 48 hours.
- Microwave ovens vary; heating times may need adjustment.

Look!
NEW PACKAGING

Meals on Wheels™

More than just a meal™

Out & About



Meals on Wheels™
Camden

Camden Meals on Wheels

Meals on Wheels
Camden

More than just a meal™

COME MEET THE CAMDEN MEALS ON WHEELS TEAM AT CARRINGTON FAIR

Learn more about our meal services, social support & transport, or find out how you can volunteer!

📅 Saturday 12 September 2026 | 9:00am - 3:00pm

📍 90 Werombi Road, Grasmere NSW 2570

CARRINGTON FAIR
COMMUNITY AT THE HEART

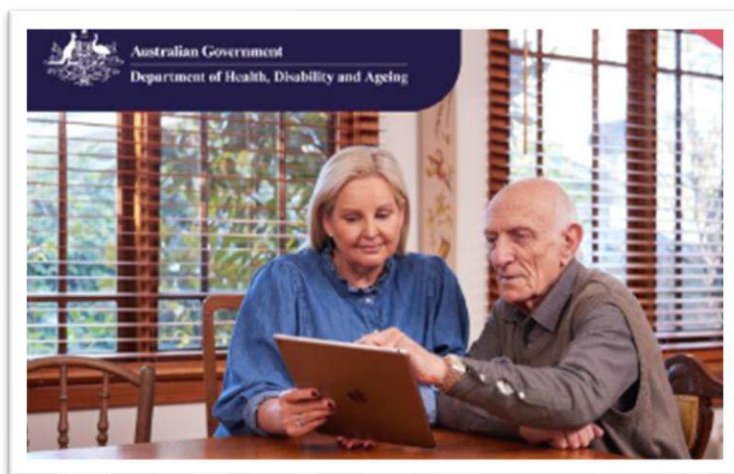
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Recent News Article

CHSP secured till 2029 as Labor listens to feedback



After months of lobbying from providers, consumer groups and sector leaders, the federal government has confirmed CHSP will remain a standalone program

The federal government has moved to end the uncertainty surrounding the Commonwealth Home Support Program (CHSP), announcing the program will continue until at least June 2029 and remain separate from the new Support at Home system.

The decision affects more than 830,000 older Australians who rely on CHSP services and the approximately 1,300 providers delivering support across the country.

Health and Ageing Minister Mark Butler said the government had listened to concerns raised by providers and consumers about the future of the program.

"I know how much this program means to older Australians, their families and communities," he said.

"We have listened to the feedback people have given us about CHSP, and we're giving providers and older Australians the certainty they need to continue while the future of the program is developed."

The announcement follows sustained advocacy from aged care providers, consumer groups and sector leaders who have argued that CHSP plays a unique role in helping older Australians remain independent and age in place.

Earlier this year, the newly formed CHSP Alliance [called on the government to retain the program as a standalone service](#), a [Senate inquiry](#) followed suit, recommending that CHSP remain separately funded and not be absorbed into Support at Home.

CHSP is often the first point of contact with aged care for older Australians, providing lower level supports such as domestic assistance, meals, transport, shopping, home maintenance, social support and allied health services.

A key issue raised by local councils and community providers in recent years has been uncertainty over future funding arrangements. The government said existing contracts will now continue without interruption until June 2029, removing a major source of concern for providers considering their long-term viability.

Aged Care and Seniors Minister Sam Rae said continuity of care has been a key priority.

"830,000 older Australians rely on these services. Today we're giving them the certainty they need that their care will not change while we plan for the future of CHSP," he said.

"We said we would listen before we made decisions about the future of this program. Providers told us they needed certainty to keep their doors open, and older people told us they wanted continuity – and we'll continue to listen as we deliver the program people want into the future."

The extension will support a diverse network of providers, including local governments, state governments, not-for-profit organisations and community groups. Many operate in regional, rural and remote areas where alternative aged care services can be limited. Almost 40 per cent of CHSP clients live outside Australia's major cities.

The government said the extension period will be used to consult on CHSP's long-term future, including how it can be better integrated with Support at Home while maintaining its distinct role within the aged care system.

Minister Rae said the program's focus on preventative and community-based services was an important part of the broader aged care landscape.

"Block funded, community-based services do something Support at Home was never designed to do – they keep people well and independent before they need more intensive support," he said.

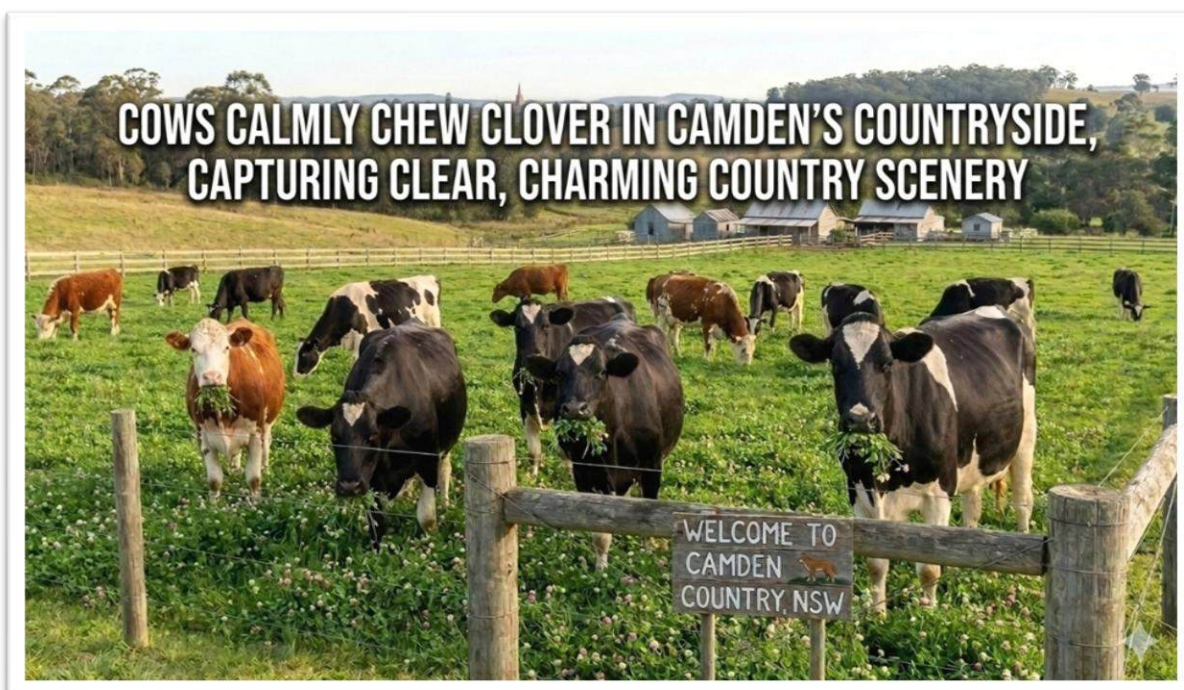
"There is a continuing role for that system, and we are going to design it properly, with the people who deliver it and the people who use it."

Consultation on the future structure of CHSP is expected to begin later this year. The government said discussions would examine how block funding could be maintained, how contributions to home care costs can remain fair and equitable, and how early intervention services can help reduce pressure across the aged care system.

Source: 20/8/26: *Government extends CHSP to 2029 – Aged Care Insite: Written by Stefanie Schultz*

Disclaimer: This article is intended for educational purposes.

Tongue Twister

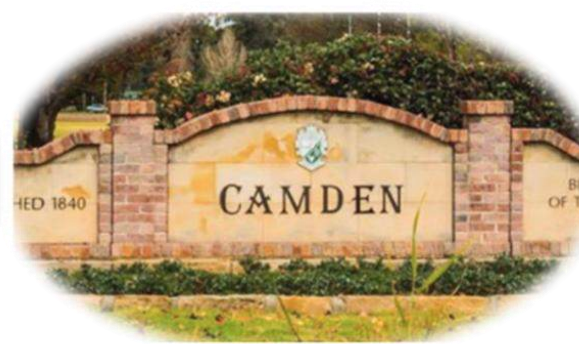


Source: Google AI Gemini

A Poet & You Know It

In Camden's fields where springtime wakes,
The Werribee rivers twist and quake,
Pale blooms unfurl their gentle crown,
And sunshine spills through green-haired town.
Jacarandas, lavender-bright,
Sway softly in the golden light,
While koel and magpie fill the air
With songs that dance through fragrant flair.
Hills roll gently, cloaked in green, A quilt of pastures, fresh and clean;
Old homesteads, weathered, stand with grace,
Their walls touched softly by spring's embrace.
Beneath the gum trees' dappled shade,
Children's laughter through the orchard played,
And camellias open, crimson, white,
A fleeting burst of seasonal delight.
Camden sings in whispers warm,
The breeze a tender, airy charm,
Where every path and winding lane
Is painted bright by spring's refrain.

Source: Google AI Gemini



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Useful Phone Apps



BrainTrack

Dementia Australia Limited

Who says looking after your health must feel like a boring chore?

Say hello to **BrainTrack**, a completely **free mobile app** developed by **Dementia Australia** that turns cognitive health tracking into an engaging, virtual holiday. Instead of clinical quizzes or stressful exams, this clever app invites you to hop into a digital campervan and set off on an interactive road trip across our beautiful country.

BrainTrack

Download now



Check your
brain health

How the Adventure Works

As you "drive" between iconic Australian landmarks, you will unlock 8 casual, vibrant mini games designed to gently stretch and stimulate your mind. You might find yourself testing your memory, spotting tricky patterns, or tackling quick logic challenges. Because the games are framed as travel challenges to unlock new destinations, it feels like a rewarding puzzle game rather than a medical assessment. It is the perfect, entertaining way to spend a few minutes over your morning cuppa!

Pit Stops and Progress Reports

While you are busy having fun exploring the virtual map, BrainTrack is quietly doing some very important work behind the scenes. The app securely and privately monitors your memory and thinking patterns over time, mapping your consistency.

If you ever notice changes in your scores, or if you simply want proactive peace of mind, the app allows you to easily download a comprehensive, user-friendly progress report. You can print this out or show it directly to your General Practitioner (GP) to kickstart a relaxed, stress-free conversation about your cognitive wellbeing. It puts you completely in the driver's seat of your own health.

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📱 Ready to Hit the Road? (How to Download)

Getting BrainTrack set up on your phone or tablet is as easy as a Sunday stroll:

1. **Grab your device** (phone or tablet) and ensure you are connected to the internet or Wi-Fi.
2. Open the **Apple App Store** (if you use an iPhone or iPad) or the **Google Play Store** (if you use an Android device).
3. Tap the search bar (usually marked with a magnifying glass icon) and type in "**BrainTrack**". Look for the official app published by **Dementia Australia**.
4. Tap the **Download, Get, or Install** button.
5. Once installed, tap the icon to open the app, set up your private profile, and start your engine!

Your brain-boosting Australian road trip awaits—completely free of charge, with no hidden catches, just pure, mindful fun!

Word Games

Words that start with Z

1. What word describes an intense, passionate enthusiasm for something?
2. What "Z" word refers to the absolute peak or highest point of something?
3. What word means both exciting enjoyment and the scraped skin of a lemon or orange?
4. Named after the Greek god of the west wind, what word means a soft, gentle breeze?
5. If you have absolutely nothing left in your wallet, what five-letter "Z" slang word describes your cash flow?
6. What is the 12-part astrological map of constellations that includes Leo, Taurus, and Scorpio?
7. What popular pop-culture monster is famous for moving slowly and craving brains?
8. What word describes someone who is delightfully wacky, quirky, or clownish?
9. What pattern alternates sharp left and right turns, mimicking the shape of the letter Z?
10. Athletes often say they are "in the ____" when they are completely focused and performing perfectly. What is the missing word?
11. What historic, cigar-shaped flying vehicle shares its name with a legendary 1970s rock band?

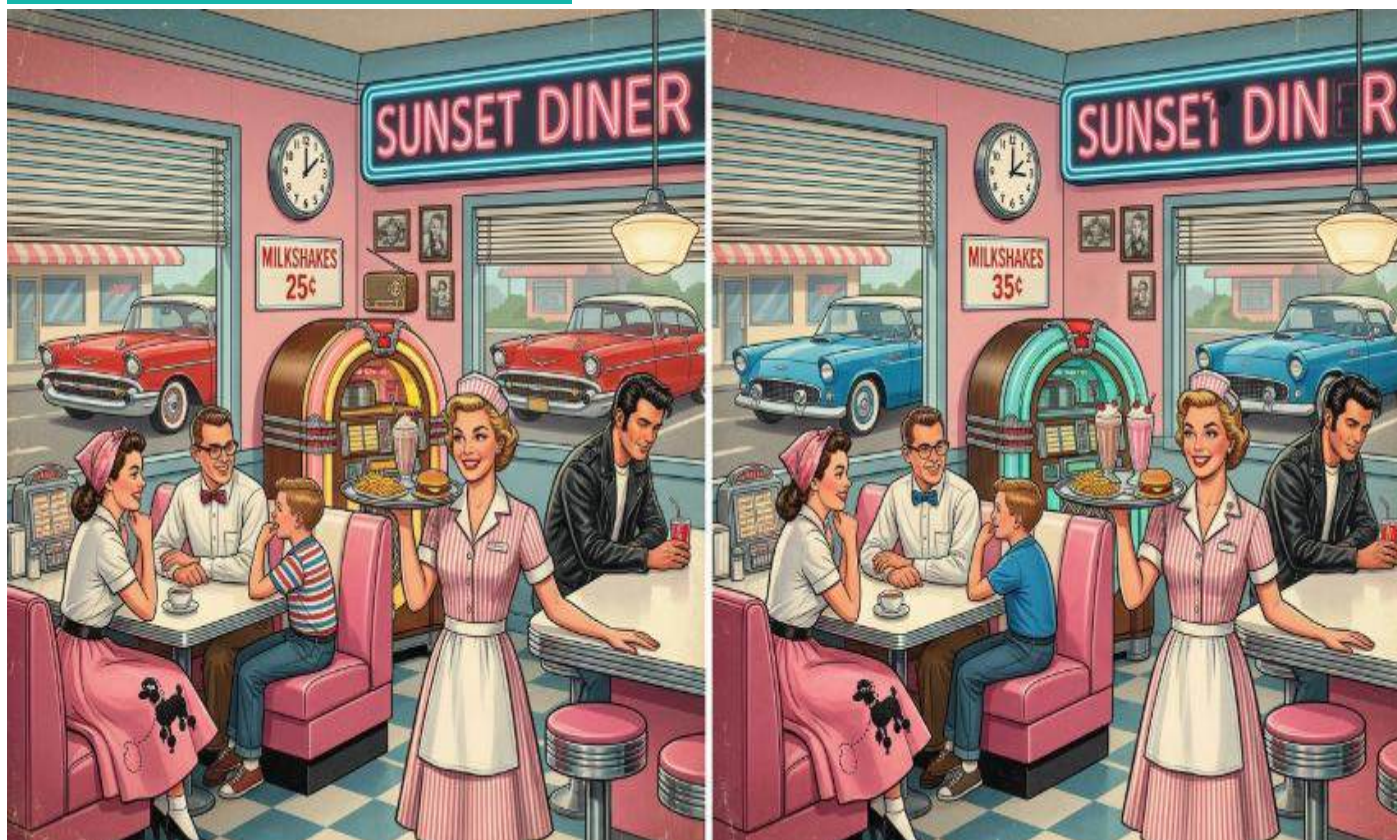


12. Borrowed from German, what word translates to "time spirit" and describes the cultural mood of an era?
13. What quick, fun word describes a car that accelerates quickly?

Sydney in Spring: Fill in the Blanks

1. In Sydney, spring officially begins on the first day of _____ and ends on the last day of November.
2. The spectacular purple-blossoming _____ trees famously bloom across Sydney neighbourhoods like Kirribilli and Paddington during October and November.
3. During spring, Sydney transitions to Daylight Saving Time, where clocks are turned forward by _____ hour.
4. The famous coastal walk from Bondi to _____ hosts the massive outdoor sculpture exhibition known as Sculpture by the Sea every spring.
5. In September, the average high temperature in Sydney is around _____ degrees Celsius.
6. Sydney's historic _____ Botanic Garden features a massive display of spring tulips and wildflowers right next to the Opera House.
7. Spring marks the peak of the whale migration season, where thousands of _____ whales can be seen swimming past Sydney's coast heading south back to Antarctica.

Can you spot 11 Differences?



Source: Google AI Gemini

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Sudoku

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

#52396

Difficulty: moderate

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

#185166

Difficulty: moderate

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		2	1					
	7	9		2				8
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2			5				3	

#78004

Difficulty: moderate

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

#161912

Difficulty: moderate

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

Blooms
 Jacaranda
 Wattle
 Sunshine
 Warmth
 Breeze
 Equinox
 Renewal
 Awakening
 Thawing

Buds
 Blossoms
 Wildflowers
 Garden
 Tulip
 Orchid
 Jasmine
 Pollen
 Nectar
 Butterflies



Chirping
 Springtime
 Freshness
 Growth
 Rebirth
 Picnic
 Outdoors
 Parklands
 Paddock
 Breezes

Produce
 Countryside
 Pastures
 Heritage
 Boutique
 Harvest
 Produce
 Bees
 Festival

Answer key

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

Words that start with Z

Zeal ,Zenith, Zest, Zephyr, Zilch, Zodiac, Zombie, Zany, ZigZag, Zone, Zeppelin, Zeitgeist, Zippy

Sydney in Spring: Fill in the Blanks

September, Jacaranda, One, Bronte, 20, Royal, Humpback

Solution of sudoku #52396:

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

Solution of sudoku #161912:

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

Solution of sudoku #185166:

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

Solution of sudoku #78004:

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

Trivia Night

Sponsor Thanks

A huge thank you who joined us for on Saturday, 22nd a fantastic evening friendly

Success &

to everyone our Trivia Night August—it was of fun and competition!

Our Trivia Night Sponsors

Camden Meals on Wheels Trivia Night Sponsors

Platinum Partners



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www.macpac.hr.com.au



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02 4655 8875



0418 231 805
www.rollsliner.com.au

Want to be involved in 2027?
Please call 4655 6822 or email kelly@camdenmow.org.au

Trivia Night Success & Sponsor Thanks

A huge thank you to everyone who joined us for our Trivia Night on Saturday, 22nd August—it was a fantastic evening of fun and friendly competition!

We are immensely grateful to the generous local businesses whose support made the event such a success.

Your involvement directly supports our ongoing meal deliveries and community programs. If you or your business would like to get involved as a sponsor for 2027, please reach out to us at 4655 6822 or email kelly@camdenmow.org.au.

Telephone **02 4655 6822**

General email admin@camdenmow.org.au

Newsletter email newsletter@camdenmow.org.au

This Trivia night we created something new and very exciting and got to launch our first sponsorship program “Keep the Wheels Turning”.

A huge thank you to our very first sponsor – Helloworld Travel Camden!

Our program was created with a simple idea in mind; to keep our clients nourished, connected and moving.

Whether it is helping someone access transport, supporting their journey, providing a meal, taking them to appointments or helping remove a barrier that is stopping them from getting where they need to go, this program is about creating opportunities, building connections and helping our community move forward.

This is where Helloworld Travel Camden comes in. Being our inaugural sponsor isn't just about putting a name next to a program. Helloworld Travel Camden is helping us take they very first steps in building something that we hope will grow far beyond where it is today. They are helping us prove that when businesses and community organisations come together, we can create something meaningful. They have chosen to support the vision and chosen to support Camden Meals on Wheels to help us “Keep the Wheels Turning”.



We are incredibly grateful to Helloworld Travel Camden for their support.

Helloworld Travel Camden are located at Camden Arcade, 166 Argyle Street, Camden.



SEPTEMBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
		1	2 Brookfield house scone day	3 Card Making @ CMOW 10-12pm	4 	5 	Pick up times for chair yoga is 9.15 onwards
6	7 CMOW Walk and Talk Group Meet 10am @ Camden RSL Community Carpark	8	9 Chair yoga + Lunch @ The Oaks Hotel	10 Card Making @ CMOW 10-12pm	11	12	Pick up times for outings or in house events is 9.10 onwards.
13	8 CMOW Walk and Talk Group Meet 10am @ Camden RSL Community Carpark	15	16 Mount Annan Botanic Gardens + Lunch at The Gardens Cafe	17	18	19	If you would like to attend any of the events please call the office to be put on the list. If you require transport please call as we have limited space for first in first served basis. If you put your name down and are unable to attend please inform us ASAP so another person can take that spot.
20	21 CMOW Walk and Talk Group Meet 10am @ Camden RSL Community Carpark	22 CMOW Morning Tea Fundrasier Gold Coin Donation 10.45am -12.00pm	23 Chair Yoga + Lunch @ Camden Grove Estate	24 Card Making @ CMOW 10-12pm	25	26 	
27	28 CMOW Walk and Talk Group Meet 10am @ Camden RSL Community Carpark	29	30 Bingo @ CMOW + Lunch @ Camden Sports Club				

