Meals on Wheels™ Camden

November 2026

Newsletter

Dear Community Members, Clients, and Friends,

Welcome to your November newsletter from Camden Meals on Wheels!

The excitement of the Festive season is fast approaching, and the team here at the office is absolutely thrilled to share a wonderful line-up of social outings and activities coming up over the next few weeks.

We have a fantastic mix of events planned to keep everyone connected, including our regular local 'Walk and Talk' group meets, creative card-making and resin workshops, relaxing chair yoga sessions, and some beautiful day trips out for lunch to Wollongong and Mittagong.

As we head into this busy time of year, we also want to remind everyone that our annual Christmas Donations Drive is in full swing. We are collecting essential items, small comforts, and festive treats to build care packages for our vulnerable clients, so please check out the details in this edition if you would like to contribute or get involved.

Christmas Closure Period

Please take note of our upcoming holiday closure dates so you can plan ahead:

- **Closure Time:** The office and services will close on Thursday, 23rd December at 3pm.
- **Reopening Time:** We will welcome everyone back on Monday, 4th January at 8:30am.

Important Service Reminders:

- **Meal Delivery:** If you receive meal deliveries, please call the office as soon as possible to make your alternative meal delivery arrangements for this closure period.
- **Transport Services:** Please note that all client transport services will not run while the office is closed.
- **Social Support :** Returns on the 20th January 2027

New text only mobile number

We have a new text-only mobile number! You can now reach us via **SMS at 0421 0137 228** for any quick questions, updates, or messages. Please note that **this number**

is strictly for text messages only and cannot accept voice calls. Be sure to save it in your contacts so you can easily get in touch with us whenever you need to!

We want to thank you all for being such a wonderful part of our Meals on Wheels family.

We look forward to celebrating the coming weeks with you and wish everyone a safe, happy, and restful holiday season ahead!

Upcoming Events – November

Mon 2nd	Walk and Talk Group Meet 8:45am @ Chellaston Avenue
Wed 4th	Wollongong trip for lunch: The Fraternity Club
Thur 5th	Card Making @ CMOW 10-12PM
Mon 9th	Walk and Talk Group Meet 8:45am @ Chellaston Avenue
Tue 10th	Resin Workshop 10:20am start (Limited spots)
Wed 11th	Chair yoga and lunch @ Camden RSL
Thurs 12th	Card Making @ CMOW 10-12PM
Mon 16th	Walk and Talk Group Meet 8:45am @ Chellaston Avenue
Wed 18th	Mittagong RSL and lunch
Mon 23rd	Walk and Talk Group Meet 8:45am @ Chellaston Avenue
Wed 24th	Chair Yoga and Lunch @ The Plough and Harrow
Thurs 26th	Card Making @ CMOW 10-12PM
Mon 30th	Walk and Talk Group Meet 8:45am @ Chellaston Avenue



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

November Birthdays

Brian	**John**	**Kerry**	**Harold**	**Pia**	**Kevin**
Robert	**John**	**Leslie**	**Dianne**	**Lynette**	**Ruinga**
Daphne	**Joyce**	**Barbara**	**Wilma**	**Kerrie**	**Gayle**
Bill	**Erika**	**Deborah**	**Pamela**	**Diane. H (Happy 80th)**	





Recent Escapades



A Lovely Day Out at Featherdale!

The recent social outing to Featherdale Wildlife Park was a wonderful success, bringing together a fantastic group for a day filled with bright smiles, great company and plenty of laughs.
While a few of the animals were hiding away to stay cool because it was a particularly hot day, the trip remained thoroughly enjoyable from start to finish.

These regular activities are always a highlight on the calendar, ensuring everyone heads home feeling happy, refreshed, and cheerful.



Mid-week adventures have truly become a favourite routine for our clients.



In fact, a lovely group of local ladies shared last week that Wednesdays are now their absolute favourite days of the week simply because of these wonderful outings!



For anyone who missed out on this trip, there are plenty more adventures on the horizon. Be sure to keep an eye on the upcoming calendar, call the office to book a spot and join in the fun for the next destination.
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.

If you're not an active client with Camden meals on wheels call us on 4655 6822 and ask us how!!

Our Volunteers

Volunteer of the month goes to Dianne!!
Congratulations!!



Di has been with us for over 6 years and is a valuable social support and transport volunteer. Di helps as much as she can and always goes the extra mile for our clients. We truly appreciate having such a reliable and kind person on our team!

Thank you Di!!!

From The Office



With the **festive season** just around the corner, we are getting ready for our Camden Meals on Wheels Christmas events this December.
These gatherings are all about bringing our clients together, keeping everyone connected and sharing in some festive fun.
We look forward to celebrating the Christmas season with you!

Meals on Wheels Camden: Christmas Donations Drive

The festive season can be a particularly lonely time for isolated seniors in the Camden LGA. To **help bring some holiday joy** to our vulnerable clients the office is organising festive care packages, and we would love your support for our annual **Christmas Donations Drive**.



If you can contribute, we are collecting the following wish list items:

(Must be new and unused only please)

- **Traditional Christmas treats:** Small fruitcakes, puddings, or vacuum-sealed gourmet hampers that do not require immediate refrigeration.
- **Lightweight cotton throw rugs:** Perfect for draping over a chair or lap without overheating in the summer sun.
- **Nourishing hand creams & body lotions:** Look for fast-absorbing formulas infused with soothing ingredients like shea butter or vitamin E to combat dry skin.
- **Personal care:** Unisex pamper packs, lip balms, soft handkerchiefs and alcohol-free wet wipes are practical and deeply appreciated.
- **Soaps & body washes:** Delicately scented bath items offer a touch of everyday luxury.
- **Entertainment:** Crossword books, jigsaw puzzles, card games and novels.
- **Stationery sets:** Notebooks, nice pens and festive cards allow seniors to keep in touch with loved ones or write memories.

Drop-Off Details:

- Collection Period: From now until Wednesday 4th December.
- Location: CMOW Office, Unit 1/18C Little Street, Camden.
- Hours: Monday to Friday- 8:30am and 3pm.

Can't drop it off? *If you would love to support the drive but cannot make it to the office, please 4655 6822 and we can arrange a pickup.*

Thank you so much for your ongoing generosity and for caring for our beautiful community.

From The Kitchen

Add a taste of Christmas to your order! We are delighted to announce that our festive Christmas Specials will be available to order from Tuesday the 1st December.
They are the perfect way to bring some holiday cheer straight to your dinner table.
These special holiday meals are proudly brought to you through our **My Choice by Lite n' Easy range.**

Call us to add some of these delicious options to your December orders.

This year's delicious festive menu features:



Main Dish ($9.90):

Roast Turkey with Gravy & Cranberry Sauce: Served alongside beautifully roasted vegetables and a comforting cauliflower and pea gratin.

Desserts ($4.00 each):

Cherry Raspberry Crumble: A sweet compote of cherries and raspberries paired with a creamy vanilla custard, topped with a delicious butter crumble.



Apple & Cinnamon Crumble: Sweetly stewed cinnamon apples and sultanas with a creamy vanilla custard, finished with a delicious butter crumble.

Client's Christmas Party

We are thrilled to advise that our **clients Christmas party** has been scheduled for the 15th of December**.** Spots are limited, so we encourage our clients to RSVP as soon as possible to secure your place.

Come celebrate the holiday season with us and enjoy some festive refreshments.









Meals on Wheels™ Camden

Christmas CANDLE MAKING

INCLUDES:

Create your own custom scent and take your creation home, enjoy a light lunch and build-your-own fruit pavlova station

DETAILS:

Thursday 17th December 10am

Unit 1/18C Little Street Camden

This activity does not involve any heating of hot wax. The wax beads are used to create the candle and upon lighting they melt down just like an everyday candle!

BOOK NOW:

Limited spots

(02) 4655 6822

admin@camdenmow.org.au

Free event

Transport available at a small fee

More than just a meal™

Wick'd

Meals on Wheels™ Camden

More than just a meal™



You Are Invited

Christmas MORNING TEA

DECEMBER | 21 | AT 10:00AM

CMOW OFFICE
UNIT 1/18C LITTLE STREET CAMDEN

RVSP TO ADMIN@CAMDENMOW.ORG.AU OR
CALL US (02) 4655 6822 BY DEC 18

LUCKY DOOR PRIZES

Let's celebrate!

Important Services Available

Seniors Rights Service
CELEBRATING FORTY YEARS

Your Rights: Do you need help understanding MY AGED CARE?

Everyone deserves to feel safe, respected, and heard as they grow older. If you ever have questions about your rights, your accommodation, or your aged care services there is a wonderful and independent organisation here to help you: the **Seniors Rights Service**.

The Seniors Rights Service is a fully independent, community organisation in NSW that has been championing the rights of older people for 40 years. Their services are **free, confidential, and completely unbiased.**

They can assist you with three main areas:

- **Aged Care Advocacy:** If you are receiving government-funded aged care services (like My Aged Care packages or support at home) and you feel uncomfortable raising an issue or making a complaint, an advocate can speak up on your behalf to resolve the problem with your provider.
- **Free Legal Advice:** They have a dedicated legal team that offers advice on topics like planning for the future (Wills, Power of Attorney, and Guardianship), retirement village contracts, strata issues, elder abuse, and general unfair consumer disputes.
- **Rights Information:** They travel across NSW providing clear, helpful info sessions so that seniors, families, and carers know exactly what protections and supports are available to them.

How to contact them:
You don't need a referral to get in touch. If you have an inquiry, want advice, or just want to understand your rights better, you can call their friendly team directly:

- **Phone:** 1800 424 079 or (02) 9281 3600
- **Email:** info@SeniorsRightsService.org.au
- **Website:** www.seniorsrightsservice.org.au/

Source: www.seniorsrightsservice.org.au

Word Games

General Knowledge Trivia Questions



1. The chemical symbol for gold on the periodic table is _____.
2. The currency used in Japan is called the _____.
3. The capital city of Australia is _____.
4. There are ____ continents on Earth.
5. The largest planet in our solar system is _____.
6. A standard baker's dozen equals the number _____.
7. World War I officially began in the year _____.
8. The famous physicist who formulated the theory of relativity is _____ Einstein.
9. A standard Rubik's Cube has _____ coloured faces.
10. The sum of the interior angles of a triangle is _____ degrees.

Sudoku

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

#113072 Difficulty: moderate

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

#46387 Difficulty: moderate

Danielle Steel Word Search

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

A PERFECT LIFE
ACCIDENT
BETRAYAL
CROSSINGS
FINE THINGS
GOING HOME
KALEIDOSCOPE
LEAP OF FAITH
LIGHTNING
LONE EAGLE
MIRROR IMAGE
NEVER TOO LATE
ONLY THE BRAVE
PALAZZO
RANSOM
RESURRECTION
SECOND ACT
SILENT HONOR
THE COTTAGE
THE GHOST
THE GIFT
TRIANGLE
UPSIDE DOWN
WANDERLUST

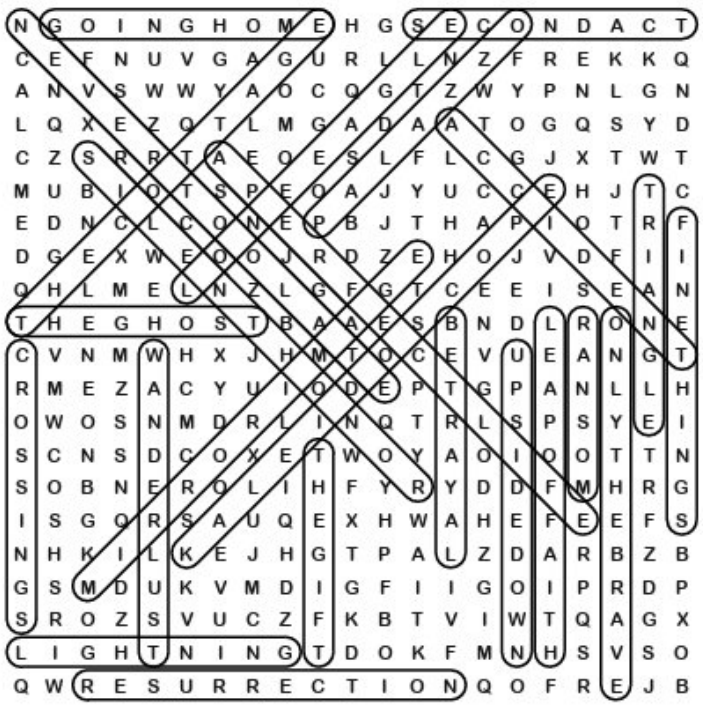
Answer key

Solution of sudoku #113072:

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

Solution of sudoku #46387:

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



General Knowledge Trivia Questions

1. **Au**
2. **Yen**
3. **Canberra**
4. **7**
5. **Jupiter**
6. **13**
7. **1914**
8. **Albert**
9. **6**
10. **180**

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

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Walk and Talk meet @ 8.45am	3	4 Wollongong Fish & Chips Pick up 10.30	5 Card Making 10-12pm @ CMOW	6	7
8	9 Walk and Talk meet @ 8.45am	10 Resin Workshop 10.30 start $20.00	11 Chair Yoga + Lunch @ Camden RSL	Card Making 10-12pm @ CMOW	13	14
15	16 Walk and Talk meet @ 8.45am	17	18 Mittagong RSL Lunch Pick up 10.30	19	20	21
22	23 Walk and Talk meet @ 8.45am	24	25 Chair Yoga + Lunch @ The Plough and Harrow	Card Making 10-12pm @ CMOW	27	28
29	30 Walk and Talk meet @ 8.45am					

If you wish to participate in any of the activites please call the office on 4655 6822 to put name on the attendance list.

The Monday Walk and Talk group meets at 8.45am at Chellaston Avenue (Near public toilets block) on Camden Bike Track.

Weather permitting with outdoor events call office to

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

DECEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Narellan Town Centre Shopping + Lunch	3 Card Making 10-12pm	4	5
6	7	8	9 Chair Yoga + Lunch @ The Crown	10 Card Making 10-12pm	11	12
13	14	15 Christmas Party @ Seniors Centre 10.30	16	17 Candle Making Workshop 10.00am	18	19
20	21 Christmas CMOW Morning Tea 10.45am	22	23 Chair Yoga + Lunch @ The Royal Hotel	24 CLOSED	25 Merry Christmas everyone x	26
27	28 CLOSED	29 CLOSED	30 CLOSED	31 CLOSED Happy New Year to all!!		

Client Christmas Party is open for clients only with limited spaces

Add some colour

