



Meals on Wheels
Blacktown



Client Newsletter

July 2023

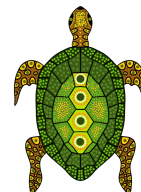
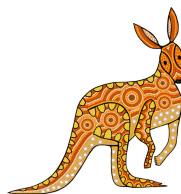
From the Manager

The first week of July is NAIDOC Week - a time to celebrate and recognise the history and culture of Aboriginal and Torres Strait Islander Peoples. This year's theme is *For Our Elders* - very fitting for an organisation such as ours. We wish everyone a happy NAIDOC Week!

We have some exciting *Social Day Outings* coming up, see *Dates to Remember* below and make sure to note them down. If you are wanting further information on our *Social Day Outings*, call the office.

Dates to Remember

- 2-9 July - NAIDOC Week
- Wed 26 July – Social Day Outing: Morning Melodies @ The Joan
- Wed 23 August – Glenorie Bakery Café (\$5 bus). Lunch at your own cost
- Wed 27 September – Fairfield City Museum and Gallery (\$5 bus + \$5.5 entry). Memory box tour, lunch at Marconi Club – Star Buffet.



Healthwise Seniors Inc.

Offers a range of leisure activities to anyone over 50 years of age, in the Blacktown LGA. It includes games, craft, a cuppa, and an opportunity to connect and socialise with other seniors in the community. It is a place for people to get together and to meet and make new friends. There are guest speakers and information about support and services within the community.

Contact: 02 9671 1191 or 0410 743 230 or healthwise.blacktown@gmail.com

Address:

Suite 106A 30-32 Campbell St
Blacktown, NSW, 2148

Hours of Operation: Tuesday, Thursday and Friday
9:00am to 12:00am

Referral System: Self referral, 50 years and older

Service Fees: \$7 per year + \$3 weekly fee



July Social Day Outing - Morning Melodies

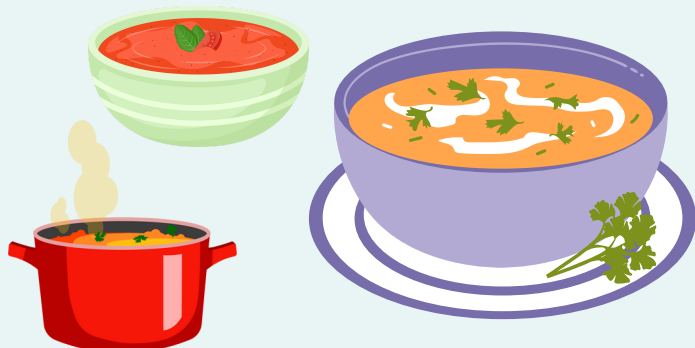
This month's Social Day Outing will be on Wednesday 26 July to *Morning Melodies* @ The Joan. The show is entitled *Showstoppers* and stars Daren Williams, Nikki Bennett, Guy Taylor and the Greg Hooper Trio.

The cost is \$25 and will include morning tea and transport to and from the event. We will have lunch at the Penrith Plaza food court where you can buy your own lunch. Please contact the office for more information and to book.



Payment updates

If you pay for meals by bank deposit or direct deposit, please remember to provide the Clients full name and/or your invoice number in the description and references when making the payment.



Winter warmers - try our soups

During the month of June we sent out complimentary soups for you to try. If you would like to add soups to your order, please contact the office.

Soups available

- Cream of Tomato
- Beef & Barley
- Chicken & Vegetable
- Pea & Ham
- Potato & Leek
- Pumpkin
- Cream of Mushroom

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ARABIC
AUSTRALIAN
BALINESE
BANGLA
BENGALI
BURMESE
CHINESE
DANISH
ENGLISH
FILIPINO
FRENCH
GERMAN
GREEK
ITALIAN
KOREAN
KURDIS
LAO
PERSIAN
PORTUGUESE
SPANISH
SUNDANESE
TAMIL
TIBETAN
TONGA
TURKISH
UKRAINIAN
ZULU

July Puzzle - Word Search

Can you find all
the words in our
list of languages?



Last month's answers

Abed or Bade
Scalp or Clasp
Lead or Dale
Cried or Dicer

Brake or Break
Scar or Arcs
Foster or Softer
Parts or Traps
Step or Pest