



Meals on Wheels  
Blacktown



# Client Newsletter

May 2023

## From the Manager

As you already know, *Meals on Wheels* relies on the hard work and dedication of a committed team of volunteers - without them, we simply could not operate. That's why, every year, we join in celebrating *National Volunteers Week*, 15 - 21 May.

This is a special opportunity for us to recognize and appreciate the amazing contributions of our volunteers,

who truly are the lifeblood of our organization. We encourage you to take a moment to reflect on the many ways that volunteers make a difference in our daily lives, and to join us in thanking them for all that they do.

NATIONAL 15-21 MAY 2023  
**VOLUNTEER**  
THE CHANGE MAKERS WEEK



## Some notices

- Please be advised, we no longer have the Premium meal Coq Au Vin on the menu. This has been discontinued by the supplier. If you would like a new menu, please contact the office.
- If you are not going to be home for your delivery or need to make any changes, please phone the office, and speak to a staff member.
- If you are unable to attend the restaurants, please phone the office and speak to a staff member.

## Social Day Outing - *Morning Melodies*

Join us for our next bus trip on 24 May to the Joan in Penrith and watch the *NSW Police Band*.

Take a trip down memory lane with a morning of great moments and familiar themes from the world of cinema. Featuring *Show Boat*, *Star Wars* and more!

*Morning Melodies* has been running for 33 years at the Joan and is still going strong. With a beautiful pre-concert morning tea, the concerts offer more than just a morning's entertainment: they offer connection, community and culture.

Cost: \$25.00 which includes morning tea, transport, and concert

Call the office for more details.



## Updates at the office

Commencing the 26 April, *Blacktown Meals on Wheels* will be having refurbishments done with our freezers. We will be having a knock-down and rebuild of our walk-in freezers. This will make it more accessible for our packers and hold a greater number of meals.

There may be a slight change to your delivery time over the next month. We will do our best to accommodate your meal requests. We will always call you if there is something not in stock. Please contact the office if you are concerned about your delivery times.



### May Puzzle

#### Mother's Day Word Search

In honour of *Mother's Day* on the 14 May, this month's puzzle is a word search all about that special day. Can you find all the words listed below?

ANNUAL	FRIEND	MAMA
BOUQUET	GIFTS	MOTHER
CANDY	GIVING	MUM
CARE	HOME	SONS
CARNATIONS	HUSBAND	SPECIAL
CHILDREN	KISSES	
CHURCH	LOVE	
CORSAGE		
DAUGHTERS		
FAMILY		
FLOWERS		



#### Last month's answers

1. 1915
2. Rosemary
3. New Zealand
4. Australia and New Zealand Army Corps
5. 25 April 1915 is when the ANZAC troops landed in Gallipoli
6. 1916
7. Canberra
8. 1993



**If you have any feedback or questions please advise the office on 9622 6183**



**Meals on Wheels**  
Blacktown

Gribble Place BLACKTOWN

Ph: 9622 6183

Office hours: 8am to 4pm Monday to Friday

Email: [clients@blacktownmow.com.au](mailto:clients@blacktownmow.com.au)