



Meals on Wheels  
Blacktown

More  
than just  
a meal

# Client Newsletter

March 2023

## From the Manager

As we say goodbye to Summer, we look back on a fabulous month that we had here at Blacktown Meals on Wheels.

We had a booth at not just one, but two Seniors Expos. First, the NSW Seniors Festival Expo at the International Convention and Exhibition Centre on the 3 February. The Premier of NSW, Dominic Perrottet, visited our stall and snapped a selfie.

Then, a more local Seniors Expo hosted at Blacktown Workers on the 14 February. We were glad to see so many people come along and chat at our booth about the services we offer.

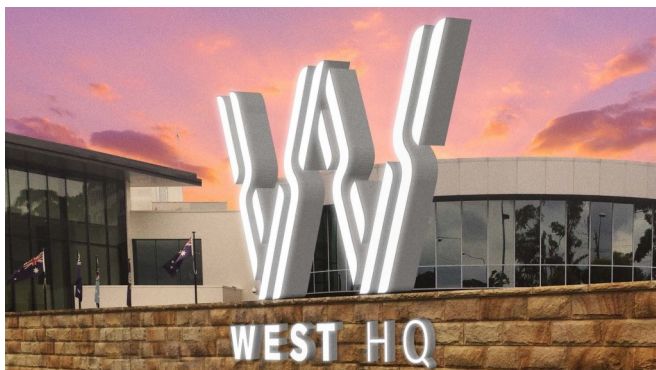
We also enjoyed a great Social Outing to the Mt Annan Botanical Gardens on the 22 February. The day included a tour of the gardens, a visit to Flower Power and then lunch at the Wild Dragonfly Café.

We look forward to great month ahead.



## Upcoming events

**22 March** Social Day outing, West HQ



## March Social Day Outing

Our Outing this month is on the 22 March where we will visit West HQ at Rooty Hill. If you are interested, contact the office for more information. Attached to this newsletter is the new Social Day Outings flyer detailing prices and other relevant information for upcoming Social Day Outings.

## Healthy and Active for Life

Western Sydney Local Health District is providing a free, online healthy lifestyle course. The course goes for 10 weeks and covers topics such as healthy eating, gentle exercise, and the My Aged Care system.

The flyer for the Healthy and Active for Life programme is attached with this newsletter. Read on to find out more.

## Some reminders

Please give us 2 days notice if you wish to change your order and please remember to call us if you are not going to be home for your delivery.

## Are you registered with My Aged Care?

My Aged Care is the Australian Government's single-entry point for aged care services. The system makes it easier for older Australian's accessing services and service providers, such as Blacktown MOW. You may not currently have a My Aged Care record so we are seeking your consent to collect this information and a letter will be sent around with more information.



## March Word Puzzle — Anagram

Instructions: here is list of ten phrases, the letters of which can be rearranged to spell out countries of the world. The first one has been done for you, can you figure out the rest?



Phrases	Answers
1. WE SEND	Sweden
2. REAL DIN	
3. OLD PAN	
4. NEAR GYM	
5. BIG MULE	
6. TIME VAN	
7. AGE LIAR	
8. SAFARI TOUCH	
9. NEON LAB	
10. GREY MAN	

***If you have any enquiries or questions regarding meal delivery, ordering, menu choice, payments — please give us a call at the office 9622 6183***



Gribble Place BLACKTOWN

Ph: 9622 6183

Office hours: 8am to 4pm Monday to Friday

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



# Healthy and Active for Life Online

A 10-week online healthy lifestyle course.

**FREE!**

Get fit and learn skills to lead a healthy and active life.



## Who can join?



**60 years and older?\***

**Live independently at home?**

**Able to walk independently or with a walking stick?**

If you answered 'Yes' to these, and you live in NSW, you can join Healthy and Active for Life Online!

\* Aboriginal people 45 and over can join.

## Why join?



Access to 10 weekly online modules



Access to online gentle exercise



Receive an exercise manual & log book



Weekly phone calls to help you reach your goals



Learn about healthy ageing

## What is covered?

- Setting goals
- Gentle exercise
- Healthy eating
- Recipes
- Reading food labels
- Calcium and vitamin D
- Fibre and incontinence
- My Aged Care
- Healthy teeth and eyes
- Smart and healthy shopping

**Bookings essential**

## Registrations now open

Term 2 registrations close: Friday 14 April 2023

Program starts: Monday 24 April 2023

To book visit:

[www.activeandhealthy.nsw.gov.au/hal](http://www.activeandhealthy.nsw.gov.au/hal)



Healthy and Active for Life Online is a free program provided by Western Sydney Local Health District



# Social Day Outings

Come along to monthly outings with Blacktown Meals on Wheels and explore what Western Sydney has to offer

## What to expect:

- An outing for the day \$5
- Buy your own lunch
- New location and activity each month



## Enquiries and booking

[info@blacktownmow.com.au](mailto:info@blacktownmow.com.au)  
or  
9622 6183



Australian Government  
Department of Health and Aged Care



Meet at the Blacktown Senior  
Citizen Centre  
Gribble Place, Blacktown