

# WORDS ON WHEELS

WWW.CAMPBELLTOWNMEALSONWHEELS.ORG.AU



November- December  
2024

## *The History of Christmas Trees In Australia*

The first Christmas celebrations in Australia have their roots in late 1788 and were introduced by convicts of the First Fleet, who arrived in Sydney Harbour early the same year. From the 19th century onwards, the tradition of erecting Christmas trees, the sending of Christmas cards and the display of decorations spread throughout Australia. Since that time, Christmas in Australia has remained an officially observed holiday and is celebrated as a traditional summer-time occasion.

Christmas traditions in Australia, like Christmas in New Zealand, have many similarities to British, Irish, American and Canadian traditions, including traditional Christmas symbols featuring winter iconography. This means a red fur-coated Father Christmas or Santa Claus riding a sleigh, songs such as "Jingle Bells", and various Christmas scenes on Christmas cards and decorations. However, the timing of Christmas occurring during the Southern Hemisphere's summer season has resulted in the development of some local traditions as a result of the warmer weather.

## Service Closures In December Christmas Closure

*We will be closed from*

*Friday 20th December 2024*

*And will resume as normal*

*Thursday 2nd January 2025*

*If you require meals during this  
time we are able to deliver meals  
prior to closure.*

*Phone: 4647 2073*

*Merry Christmas from  
The team at  
Campbelltown Meals on Wheels*





# Halloween Celebration



October - 2024





# Halloween Celebration



**Halloween**





# CALENDAR EVENTS

# November

2024

Campbelltown Meals on Wheels



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	Garden Group 11 am to 1pm Gentle Exercises 9.15-10.15 am & 10.30-11.30 am	CARD MAKING GROUP 11 am to 1pm	Remembrance Day Service all groups cancelled	Line Dancing 11am to 12pm  Garden Group		
10	11	12	13	14	15	16
	Garden Group 11 am to 1pm Gentle Exercises 9.15-10.15 am & 10.30-11.30 am	CARD MAKING GROUP 11 am to 1pm	Gentle Dance 9.30 am to 10.30 am Knitters & Natters 11am to 1pm	Line Dancing 11am to 12pm  Garden Group		
17	18	19	20	21	22	23
	Garden Group 11 am to 1pm Gentle Exercises 9.15-10.15 am & 10.30-11.30 am	CARD MAKING GROUP 11 am to 1pm	Gentle Dance 9.30 am to 10.30 am Knitter & Natters 11am to 1pm	Line Dancing 11am to 12pm  Garden Group		
24	25	26	27	28	29	30
	Garden Group 11 am to 1pm Gentle Exercises 9.15-10.15 am & 10.30-11.30 am	CARD MAKING GROUP 11 am to 1pm	Gentle Dance 9.30 am to 10.30 am Knitter & Natters 11am to 1pm	Line Dancing 11am to 12pm  Garden Group	Great Mates BBQ 11am to 1pm	
Group Times						
Times	Garden Group 11 am to 1pm Gentle Exercises 9.15-10.15 am & 10.30-11.30 am	CARD MAKING GROUP 11 am to 1pm	Gentle Dance 9.30 am to 10.30 am  Knitter & Natters 11am to 1pm	Line Dancing 11am to 12pm  Garden Group 11 am to 1pm	Great Mates BBQ 11am to 1pm	



# Line Dancing Group



**Come A-Long  
and Boot scoot  
your way  
in having some  
fun...**





# Fun With Riddles



1. Riddle: What has to be broken before you can use it? **Answer: An egg**

2. Riddle: I'm tall when I'm young, and I'm short when I'm old. What am I?

**Answer: A candle**

3. Riddle: What month of the year has 28 days? **Answer: All of them**

4. Riddle: What is full of holes but still holds water? **Answer: A sponge**

5. Riddle: What question can you never answer yes to?

**Answer: Are you asleep yet?**

6. Riddle: What is always in front of you but can't be seen? **Answer: The future**

7. Riddle. What can you break, even if you never pick it up or touch it?

**Answer: A promise**

8. Riddle: What goes up but never comes down? **Answer: Your age**

Riddle: A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why? **Answer: He was bald.**

9. Riddle: What gets wet while drying? **Answer: A towel**

10. Riddle: What can't be put in a saucepan? **Answer: It's lid**

11. Riddle: What has a head and a tail but no body? **Answer: A coin**

12. Riddle: What can you keep after giving to someone? **Answer: Your word**

13. Riddle: I shave every day, but my beard stays the same.

What am I? **Answer: A barber**

14. Riddle: You see a boat filled with people, yet there isn't a single person on board. How is that possible? **Answer: All the people on the boat are married.**

15. Riddle: You walk into a room that contains a match, a kerosene lamp, a candle and a fireplace. What would you light first? **Answer: The match**

16. Riddle: A man dies of old age on his 25 birthday.

How is this possible? **Answer: He was born on February 29.**

17. Riddle: I have branches, but no fruit, trunk or leaves. What am I?

**Answer: A bank**

18. Riddle: What can't talk but will reply when spoken to? **Answer: An echo**

19. Riddle: The more of this there is, the less you see. What is it?

**Answer: Darkness**

20. Riddle: David's parents have three sons: Snap, Crackle, and what's the name of the third son? **Answer: David**

21. Riddle: A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. **Why? Answer: He was bald.**

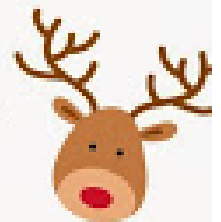


# FIND A WORD



## Christmas Word Search

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



Blade

Planes

Sleigh

Disney

Candy

Ranger

Toys

Dusty

Cane

Reindeer

Tree

Gingerbread

Dipper

Santa

Wreath

Merry







# Celebrating all Birthdays in November -December



*Happy Birthday from the whole  
team here!*

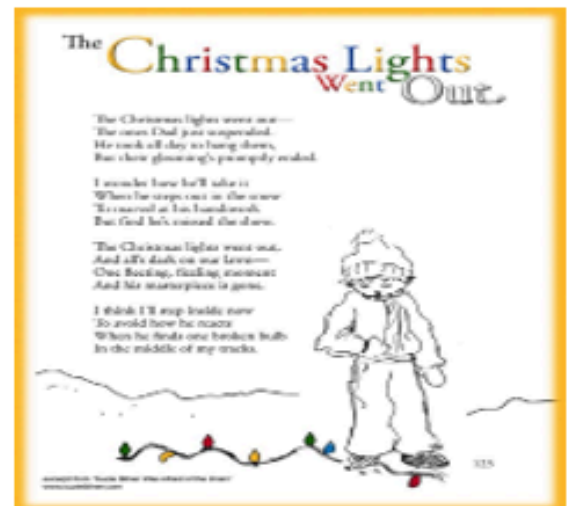
*We're sending warm wishes to  
you on your special day this year!*

# CALENDAR EVENTS

## December

2024

Campbelltown Meals on Wheels



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8	9	10	11	12	13	14
	Garden Group 11 am to 1pm Gentle Exercises 9:15-10.15 am & 10.30-11.30 am	CARD MAKING GROUP 11 am to 1pm	Gentle Dance 9.30 am to 10.30 am Knitter & Natters 11am to 1pm	Line Dancing 11am to 12pm Garden Group		
15	16	17	18	19	20	21
	Garden Group		Knitter & Natters 11am to 1pm	Garden Group		
22	23	24	25	26	27	28

Service Closed

29	30	31				
Times	Garden Group 11 am to 1pm Gentle Exercises 9:15-10.15 am & 10.30-11.30 am	CARD MAKING GROUP 11 am to 1pm	Gentle Dance 9.30 am to 10.30 am Knitter & Natters 11am to 1pm	Line Dancing 11am to 12pm Garden Group 11 am to 1pm		



# CHRISTMAS CELEBRATIONS

As a one-off Event Both Gentle Exercise Classes will be Starting at 10am



*Wear your best Christmas Outfit*

**For All Gentle Exercises Class  
Gentle Dance Workout / Line Dancing Members Only  
Christmas Party  
Monday 9th December - 11.am to 1.pm  
- Bring a plate /Soft Drink.**



# TANYA'S SUGGESTIONS'

**HAVE YOU TRIED THESE TASTIE DISHES**

## Thai Green Chicken Curry



Delight in the sweet and savoury experience of mild green curry chicken, cooked in a delicious coconut sauce and served with a generous portion of fluffy rice.

## Jelly & Peaches With Custard



An Old Favorite Dessert

## Beef Goulash



For those cooler nights Warm up from the inside out with this Beef Goulash

## Chinese Chicken and Cashews



Experience the delicious flavours of tender chicken and roasted cashews cooked in a fantastic Chinese-style sweet'n'salty sauce with generous servings of rice and seasonal veg.

## Beef and Black Bean



Beef and Black Beans with generous servings of rice and veg. a delicious dish!

## Beef Stir Fry



Beef Stir Fry is delightful bundles of goodness that combine fresh vegetables, herbs, noodles and sometimes other flavorful ingredients,

## Fried Rice Snack Pack



Light Snack





# GENTLE EXERCISES GROUP

*Footy Season*





# CARD MAKING

## Every Tuesday 11am-1pm

*Campbelltown Meals On Wheels*

*Card Making Group*

*Making a Difference with their beautiful works.*



*How to Make Greeting Cards*

*Workshops*

Please Ring to Register  
Every Tuesday 11am - 1pm

Ruse Community Hall  
29 Oberon Rd, Ruse 2560  
T: 02 46472073

*Every Tuesday  
For Over 65's*



*A big Thankyou for your outstanding contribution!*

*Your innovative ideas and creative cards is the key  
to successfully giving back to our community*



# THIS CAN MAKE A DIFFERENCE



**One in seven women will develop breast cancer in South West Sydney, making it the most commonly diagnosed cancer in Australian women.**

**We need your help to get more people to do their cancer screening.**

The BreastScreen South West Sydney Service provides free screening mammograms for the early detection of breast cancer. The service specifically targets women aged 50 to 74 years of age as these women are most at risk.

To increase the exposure of the BreastScreen Service amongst eligible women in the local community, BreastScreen would love the opportunity to provide free education sessions with your community exercise program participants.

We can provide a short 20-minute presentation at the end of your exercise program, distribute linguistically diverse resources and facilitate a group booking for interested women.

Please let the BreastScreen marketing and recruitment team know by contacting us on 87389959 or emailing [Jessica.MiltonEdwards@health.nsw.gov.au](mailto:Jessica.MiltonEdwards@health.nsw.gov.au).

**You can make a difference.**

As a vital part of supporting health and wellbeing, we see a valuable opportunity to work together to improve health outcomes for women of Western Sydney.

# A Big Thankyou to Our Community Sponsors.



## *Holistic Rejuvenation*

Haven Wellness, where the interplay of light and holistic remedies create an oasis of rejuvenation in the heart of South West Sydney. Nestled within a transformed industrial warehouse, Haven Wellness beckons with a sense of serene harmony. Our facilities, carefully curated for your relaxation and revitalization, include two mineral pools (containing Magnesium, Sodium, and Boron) with one set to a soothing 40°C, and the other a refreshing ice plunge set to 5°C, Finnish sauna at 90°C, and a tranquil steam room at 55°C. Step into our space and embark on a journey to unwind and restore your mind and body. At Haven Wellness, we believe in the power of balance—balancing movement with stillness, activity with rest. Our approach to modern wellness is centered around the restorative practice of Finnish sauna therapy.

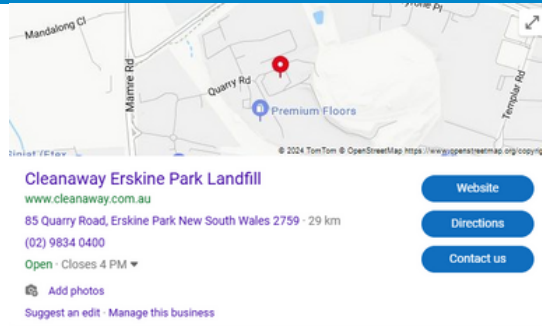
Within our studio, characterized by soft curved walls, textured render, and earthy finishes, you'll discover a sanctuary that inspires a state of deep cleanse and relaxation. It's a space designed to evoke a sense of freedom, allowing you to reconnect with yourself and find inner peace.



## *Bunnings Warehouse Campbelltown*



# A Big Thankyou to Our Community Sponsors.



**Master Catering Services Pty Ltd**  
*A fresh approach...*



[www.mastercatering.com.au](http://www.mastercatering.com.au)  
**Master Catering Services**  
3 29 Birnie Avenue, Lidcombe New South  
Wales 2141 · 32 km  
(02) 8737 9400



225 JUNCTION Road, RUSE New  
South Wales 2560 · < 1 km  
(02) 4626 8294  
Takeout / Delivery

Save the date!!!!  
REMEMBRANCE SERVICE  
In November



*Campbelltown Meals on Wheels  
Remembrance Service*

Wednesday 6th November 2024  
Arrival and seated by 9.45am  
Ruse Community Hall  
29 Oberon Road Ruse  
R.S.V.P By 26th October 2024



Under the auspices of the  
City of Campbelltown RSL Sub -Branch





# ABOUT US



## NUTRITION & WELLBEING



### OUR SERVICES



#### MEAL SERVICE

Think about whether meals delivered directly to you would make life easier. Campbelltown Meals on Wheels We offer an extensive range of nutritional, well balanced meals which will be delivered to your door five days per week.



#### WELLBEING

Our aim is to ensure that each person is able to achieve optimum health and see improvement in quality of life.



#### SOCIAL INTERACTION

Come along & join our social groups  
Gentle Exercise , Knitting , Card Making,  
Line Dancing, Great Mates, Gentle Dance  
Workout & Much more



#### STAFF & VOLUNTEERS

Our professional team of staff and volunteers will listen to you and assist you to develop a care plan which focuses on your personal wellness and reablement goals.



#### NUTRITION

Our suppliers use the latest nutritional guidelines when developing seasonal menus. We use a range of suppliers in order to provide greater choice for our customers



#### NDIS & HOME CARE PACKAGE CLIENTS

If you have an NDIS / Home Care Package Plan & you have meal allocation included. Please contact our professional staff to assist

## WE CARE ABOUT YOU & YOUR HEALTH

- Campbelltown Meals on Wheels offers individualized service to suit your needs and requirements
- Our organisation follows strict food handling procedures and ensures that meals are of the highest quality.

Ruse Community Hall, 29 Oberon Rd, RUSE 2560



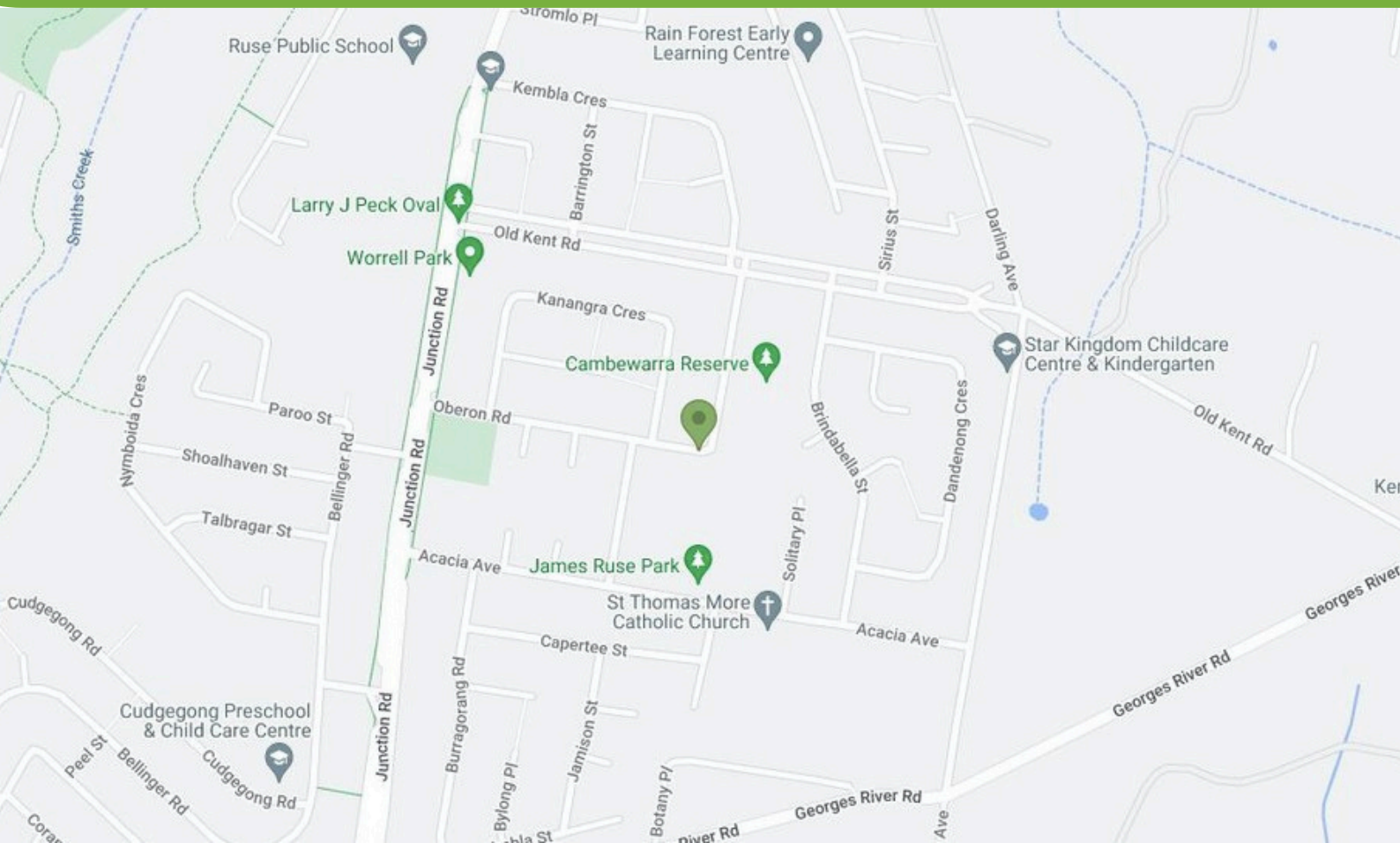
02 4647 2073



[www.campbelltownmealsonwheels.org.au](http://www.campbelltownmealsonwheels.org.au)



# Our Contact Details



Address: 29 Oberon Road, Ruse NSW 2560,  
Australia

PO Box 685, Campbelltown NSW 2560

Phone: (02)4647-2073

Business Hours:

Mon: 7:30 AM – 2:00 PM

Tue: 7:30 AM – 2:00 PM

Wed: 7:30 AM – 2:00 PM

Thu: 7:30 AM – 2:00 PM

Fri: 7:30 AM – 2:00 PM

Sat: Closed

Sun: Closed

Email:

[manager@campbelltownmealsonwheels.org.au](mailto:manager@campbelltownmealsonwheels.org.au)

[www.campbelltownmealsonwheels.org.au](http://www.campbelltownmealsonwheels.org.au)

[www.facebook.com/mowcampbelltown](https://www.facebook.com/mowcampbelltown)

ABN: 23856 257 867