



Welcome to another End of year Newsletter.

Not sure where the time goes but we have managed to make it to the end of 2023. It has been

another busy year for Cootamundra Meals on Wheels. We would like to thank all our wonderful clients who continue to use the service.

SUNDAY MEAL DELIVERY TO RE-START

A big thank you to everyone who expressed their interest in receiving a Sunday roast meal.

We now have the required number of clients requesting a Sunday delivery and with the support of our volunteers, Cootamundra Meals on Wheels are now able to return to a hot meal delivery service 6 days per week!! The last weekend deliveries were made in March 2020 as the effects of COVID began to take their toll. It has been 3 years since meals were delivered on a weekend and we would like to take this opportunity to thank our volunteers who are making this possible. Community groups like the **LIONS CLUB** and **GIRL GUIDES**, as well as individuals.

If you are currently receiving a mid-week meal and would like to receive a meal on a Sunday, either weekly or from time to time, please contact the office on 6942 4695.

Salads are also available instead of the hot roast meal.



MOW COMBINED CHRISTMAS PARTY

Save the Date!!

Tuesday 5th December.

This is the day of our Annual Christmas Party.

This will be a combined event and will be held at

the **Cootamundra Country**

Club from 11.30am, the Christmas Party will include a 2-course lunch, live entertainment and prizes!! Tickets cost \$25 per person and Santa may even make an appearance.

RSVP & Payment to the Meals on Wheels office by the 16th of November.



CHRISTMAS OPENING HOURS

The Meals on Wheels office will be closed:

Christmas Day - Monday 25th December

Boxing Day – Tuesday 26th December

New Years Day – Monday 1st January 2024,

Hot meal deliveries will be made on all public holidays.

Frozen meal deliveries will continue on a Wednesday over the Christmas/ New Year period

JUST A NOTE: As Christmas falls on a Monday this year, ALL clients are welcome to a fresh, hot meal. If you don't usually receive a meal on a Monday, or if you usually receive a frozen meal but would like a hot Christmas lunch, please let us know by calling (02) 6942 4695

LION'S CHRISTMAS CAKES FOR SALE

Once the Lions Christmas cakes begin to make an appearance in the front foyer of the office, you know Christmas isn't too far away.

Cakes come in either 1kg or 1.5 kg and range from \$16 to \$20, while a pudding is \$16, we also have mini cakes available for just \$2!!

Perfect as a stocking filler or a secret Santa present!! All the cakes and puddings are available at the Cootamundra Meals on Wheels office at 262B Parker Street, but get in quick as they usually sell out fast.



DID YOU KNOW 2024 IS A LEAP YEAR?

- ▶ Julius Caesar first introduced the leap year in 46 BC
- ▶ People born on a leap day are called 'leaplings'
 - ▶ Tradition states that women are allowed to propose marriage to men on this day
 - ▶ There are an extra 1,440 minutes in the average leap year

IS YOUR PERSONAL INFORMATION UP TO DATE?

As part of our assessment process the service requires clients to have at least 2 emergency contacts listed on file. It is also a requirement to have an emergency response plan in place.

Meals on Wheels prides itself on being more than just a meal delivery service. Our

friendly volunteers are trained to check on the welfare of each of our clients. So, if for instance, our volunteers don't see or talk to you when they drop off your meal, your **Emergency Response Plan** will set out the process we follow to confirm that you are ok.



Some clients are purchasing these nifty little key safes (pictured above right) to store a spare key. These key safes are available at places like Bunnings or Mitre 10 for less than \$50.

If your circumstances have changed please phone the office (02) 6942 4695 to update your details.



OUR BUDDING STARS

Who knew that we had more than a few budding movie stars living in Cootamundra? We were blown away by the recent support from some of our volunteers and clients for a new promotional video for the Cootamundra Meals on Wheels Service.

From the words of our volunteers who deliver the meals, and our wonderful clients, the video will showcase the role Meals on Wheels plays in our community. It will be available on our website www.cootamealsonwheels.com.au and we can't wait to show you the finished product!!

EX-SERVICEMANS CLUB SENIORS CHRISTMAS PARTY

WEDNESDAY 13th DEC from 11.30am
\$5 for Members, \$15 non-members
RSVP by Wednesday 29th November



COMBINED CHURCHES CHRISTMAS DAY LUNCHEON

The combined Churches 2590 will host a luncheon on Christmas Day. This will be your choice of a sit-down meal or take-away. The take-away meals can be picked up or delivered to your home. The luncheon will be held at the Community Kitchen 90 Thompson Street.

TIME: The sit-down lunch will be served at 12.30, for pick up or delivered meals from 12 noon -12.30.

Bookings close on Monday 18th December.

To book please contact either:

Sam McNally – 0148 254 677 or

Sr Kathy Hodge- 0400 307 585

Organised and provided by the Combined Churches 2590



STAY HYDRATED

The body is made up of approx. 60% water which is needed to enable the brain and body to function effectively. Our bodies use water in all cells, organs and tissues to help regulate its temperature and maintain other bodily functions. Women should have about 2 L or 8 cups, men about 2.6L or 10 cups.



On behalf of the staff and committee at Cootamundra Meals on Wheels we wish you a safe & happy Christmas and look forward to even bigger and better things in 2024!!

