

At the  
table



Meals on Wheels  
Central Coast

Client Newsletter | Winter Edition 2017

## New Menu Out Now!!

Great News! Our new menu for 2017-2018 is currently being distributed to our clients and it is the most extensive to date. With so many delicious and nutritious choices, there's something for everyone!

To save confusion could you please pass on the copy of your old menu to your friendly volunteer in exchange for your new menu.

If you have not yet received your menu it can be downloaded from our website [www.ccmow.com.au](http://www.ccmow.com.au) or call 4357 8444 and request a copy.

Did you know that you can order meals from us online?

Signing up for this convenient service is just a phone call away. Take the hassle out of ordering .... call us on 4357 8444 today!



Meals on Wheels Central Coast is proud to announce our new division, Combined Home Services. Combined Home Services offers a wide range of in-home services, from housekeeping, decluttering and lawn maintenance, to physiotherapy and IT assistance. Available to anyone on the NSW Central Coast, our services are delivered by local professionals who are all experts in their industries. No matter what you need done around the home, you can rely on Combined Home Services to deliver a quality, cost-effective service every time. For more information please call 4357 8444 or visit [www.combinedhomeservices.com.au](http://www.combinedhomeservices.com.au)



## A Paw of Approval from Winter

Say hello to Winter, our first Meals on Wheels for Furry Friends delivery recipient. The Furry Friends initiative sees Meals on Wheels partnering with Central Coast business East Coast Dogs, to deliver nutritious, affordable pet food to elderly pet owners across the Coast. Delivered by Meals on Wheels friendly volunteers at no cost, pet owners will also get the chance to interact and gain a helping hand with pet feeding if needed.

Winter's owner Karen has recently become a client of Meals on Wheels Central Coast and has been so impressed she thought she'd try it for this special member of her family.

Both dogs and cats are catered for in this service tailor made for Meals on Wheels clients, with only raw and natural ingredients used in all the pet food products.

Meals on Wheels for Furry Friends is bound to be a great success on the Coast, if Winter's reaction is anything to go by. Pictured here with Karen's son Glenn, Winter was eager to discover the new food available to him, giving it the 'paw of approval'.

For more information, or to request a Pet food menu, please contact Meals on Wheels Central Coast on 4357 8444 or email [admin@ccmow.com.au](mailto:admin@ccmow.com.au)



# Christmas in July fun at Community Restaurants



Christmas in July has been in full swing at our Community Restaurants this month. Delicious food, fun and friendship were shared, carols were sung and there was even a visit from Santa with a small gift for everyone.

Our weekly Community Restaurants provide a fantastic social outing for all of our clients. We run four Community Restaurants every week, which take place from 10am until 2pm. For your convenience, door to door transport can be arranged through Community Transport. All buses are wheelchair friendly. For more information please call 43578444 or visit our website [www.ccmow.com.au/social-support/community-restaurant/](http://www.ccmow.com.au/social-support/community-restaurant/)



## BBQ at Bunnings



Friday 24th March saw Meals on Wheels Central Coast hold our first BBQ at Bunnings in Tuggerah. This proved to be a very successful day where we raised \$1130.00. A huge thank you goes to our wonderful volunteers who assisted us in any way.

We will be holding two more BBQ's at Bunnings Tuggerah in October, why not come and buy a sausage from us?

Meals on Wheels Central Coast is celebrating 50 years of service to the Central Coast community!

Join us at our Golden Anniversary Gala Dinner and help us raise funds to continue serving our community for many more years to come.

Wednesday, 30 August 2017

Crowne Plaza Terrigal

Arrive at 6.30pm for a 7.00pm start

Three-course dinner, drinks, entertainment & live auction

Dress code: black tie

Please call 4357 8444 for mor information.



Home Instead Senior Care offer quality, flexible and personal in-home care services delivered by professionally trained CAREGivers 24 hours a day, 7 days a week. If you need any advise on how to get access to the best in-home care, either privately or with a government subsidised package the friendly team at Home Instead Senior Care can help you now. Please give them a call on 4342 3477 or visit [gosford.homeinstead.com.au](http://gosford.homeinstead.com.au)