



**Date:** Thursday 14 February and/or Friday 22 February

**Venue:** Presbyterian Church Hall; Toukley

**Time:** 10am to 11am

**Date:** Friday 22 February

**Venue:** Meals on Wheels Central Coast, Woy Woy

**Time:** 11.15am to 12.15pm

**Date:** Tuesday 12 February and/or Tuesday 26 February

**Venue:** Community Restaurant, Woy Woy

**Time:** 10am to 11am

**Date:** Tuesday 12 February and/or Thursday 21 February

**Venue:** Community Restaurant, Bateau Bay

**Time:** 10am to 11am

**Date:** Friday 15 February

**Venue:** Community Restaurant, West Gosford

**Time:** 10am to 11am

### Seniors Festival: Fun, Friendship and Fitness

We are celebrating NSW Seniors Festival this year with some Gentle Movement classes that assist in improving strength, flexibility, balance, and fitness.

Held at various locations across the Central Coast, these events are open to clients, volunteers and the general public\*.

Facilitated by an Accredited Exercise Physiologist from Insight Exercise Physiology, exercises are adjusted to suit individual needs, catering for any specific medical conditions or injuries.

Bookings are essential and places are limited. Book now by calling 4357 8444! (please see available dates in image on the left or [www.ccmow.com.au](http://www.ccmow.com.au)).

\*Seniors Festival events are open to people 60 years and over, Torres Strait Islanders 50 years and over, or those aged 50 or over with a life long disability.

### New Menu Coming Soon!

We are looking forward to sharing our new 2019 Menu with you. Due out around April, we are currently sourcing some delicious new meals that we are sure you'll find delicious!

In the meantime, keep enjoying the special offers that have been sent out to you over the past weeks. We have also introduced a 'Pie of the Month'. This month you can indulge in a delicious mince beef pie that is perfect for a snack or lunch (pie only) for only \$3.

Pie of the Month

Beef Mince Pie



Code:700-50

### Wine Offer

Have you enjoyed a Piccolo bottle of Oakvale Shiraz yet? We have limited stocks left of this delightful red wine so please let your Client Services Officer know if you are interested in receiving a bottle with your meals.



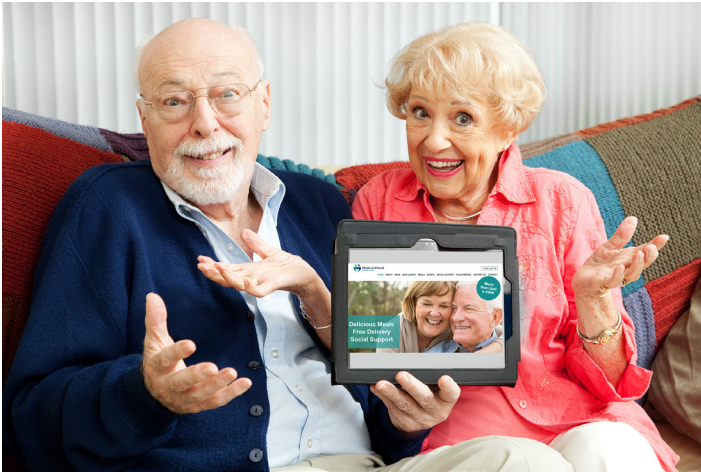
### Furry Friends Pet Food



Take the hassle out of shopping for pet food, and try our Furry Friends range.

Your pets will love it. Order online or with your regular food order.

## Online Ordering



Plan your meals with ease with our online ordering system. We can set you up for online ordering in just a few minutes so you, or your friends/family, can order your meals in just a few clicks.

To find out more, chat to your Client Services Officer or email [marketing@ccmow.com.au](mailto:marketing@ccmow.com.au).

## Client Annual Reviews

Appointments for annual reviews are currently being made with all clients who have been with us for twelve months or more.

One of our staff members will be in contact with you to arrange a time to come and have a chat about our service and how you are finding it. We will also take this opportunity to ensure that your details are up to date. These meetings will only take around 15 to 30 minutes of your time.

We thank you for your cooperation and assistance in performing these annual reviews.

## More Choices for our Community

Meals on Wheels Central Coast is proud to be your local food delivery service. Central Coast owned and operated, Meals on Wheels Central Coast has offered quality service for over 50 years.

Offering meal delivery, social support and community restaurants, all the income made from these essential services goes back into our community.

A number of new businesses are being operated from outside the Central Coast area, and they are offering our valued clients incentives to join including initial free or discounted meals and free delivery. Unfortunately many of these for profit organisations are not sustainable and can't deliver the 'more than just a meal' service that you are used to receiving from us.

The profits from these organisations are not directed back into your community, as ours are. We will always offer more choices and where possible fair dinkum Aussie meals at a very reasonable price. If you have any concerns or would like advice, please contact us on 4357 8444 or [admin@ccmow.com.au](mailto:admin@ccmow.com.au).

## Special Occasions

A big Happy Birthday to Elva, who recently turned 100 and received her precious letter from the Queen!

We love hearing about your special occasions and birthdays, so please let us know if you have a significant birthday or event you'd like to share with us.

We would be honoured to be able to publish your achievements with our clients in Newsletters such as these and on Social Media.



### Facebook

[www.facebook.com/mowcentralcoast/](http://www.facebook.com/mowcentralcoast/)

### Instagram

[www.instagram.com/mealsonwheelscoast/](http://www.instagram.com/mealsonwheelscoast/)