

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).

*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!

Our new 2019 Menu will be released around April this year. We are currently sourcing some delicious new meals that we are sure our clients will love.

We will be continuing to issue special offers which will be in the form of a flyer that accompanies a client's meal delivery. Thank you for assisting us with distributing the various specials and Menu's to our clients, along with the wine offer that we've been running since last year.

We understand that the extra bits and pieces all add up, but really do appreciate your support in ensuring our clients are kept informed and are well looked after.



Birthday Celebrations

Thank you to volunteers Tony and Cathy for delivering flowers to Elva to help celebrate her 100th Birthday.

We are always on the lookout for good news stories so if you or a client have something coming up that you'd like to share, please let us know.

We'd love to publish this on our social media channels and get the good word out there about Meals on Wheels Central Coast.

Happy
100th
Birthday
Elva!



Life Member Celebrations

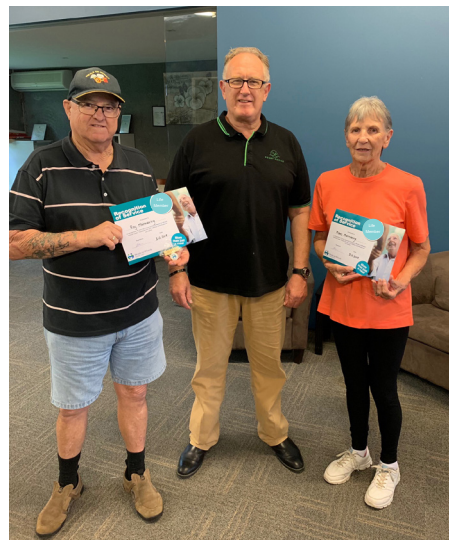
We have celebrated 5 new Life Memberships in the past few months. Congratulations to Yvonne and John, Fred, Ray and Mavis for this wonderful achievement.



L to R: Dennis Taylor CEO, John and Yvonne McGregor, Ron Thomsen, Chairman



Emma, Volunteer Coordinator, with Fred Leake



Ray and Mavis Mainwaring with Dennis Taylor CEO

Volunteers Needed

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Do you have a few hours to spare once a week or fortnight?

Are you a good listener and get on well with elderly people?

Do you have a driver's licence, your own registered and insured vehicle?

Join our assisted shopping team and lend a hand to our elderly clients with their shopping during the week (weekdays only).

We'd love your help on this special program that covers all of the Central Coast.

Contact Elaine on 4341 6699 or elaine@ccmow.com.au for more information



Community Restaurant Volunteers Needed

We are seeking volunteers to help serve and assist with general duties in our West Gosford Community Restaurant.

If you can spare a few hours a week on a Friday, we'd love to hear from you.

For more information, please contact Lorraine on 0427 026 229

www.ccmow.com.au

Coast Cuisine

Coast Cuisine, a subsidiary of Meals on Wheels Central Coast is participating in the StarFM Raiders of the Lost Loot competition. Everyone who places an order with Coast Cuisine worth \$30 or more goes into the draw for a chance to win \$100,000. More competition details at www.coastcuisine.com.au.

Coast Cuisine is available to everyone on the Central Coast. Ideal for busy people of all ages across the Coast, this service is also ideal for members of our community who would prefer not to be referred through My Aged Care and are not on a NDIS plan. Offering a range of international and Australian cuisine, all profits from Coast Cuisine go straight back to Meals on Wheels Central Coast, so we can keep supporting our community in years to come.

Please take a moment to share Coast Cuisine with friends and family who you think may benefit from our new meal delivery company. www.coastcuisine.com.au

Facebook

www.facebook.com/mowcentralcoast/

Instagram

www.instagram.com/mealsonwheelscoast/