

Join us to Celebrate the NSW Seniors Festival 2021

To celebrate the NSW Seniors Festival this year, we will be holding **FREE** Sitting Yoga for Seniors classes at our Community Restaurants at Woy Woy and Bateau Bay. Facilitated and designed by our experienced yoga instructor Corina, all exercises will be done seated.

Limited places are available at the Community Restaurants listed below:

- When:** Thursday 22 April 2021
Tuggerah Lakes Community Centre, Bateau Bay
and
Friday 23 April 2021
Woy Woy MOW, McMasters Rd, Woy Woy
- Time:** 10am to 11am - Morning Tea and Yoga
11am to 1.30pm - Games/Activities & Lunch
- Cost:** **FREE** to new Community Restaurant clients
Morning tea & 2 course lunch included
Bookings essential. Limited places available.



For more information, or to reserve your place, contact

Lorraine on 0427 026 229 (Bateau Bay)

or

Angie on 4341 6699 (Woy Woy)

Online and Recurring Ordering Options

Did you know that you can save time by using our online and recurring ordering systems? If you have access to the internet, you can **order online** via our Client Login portal on our website. Once we have set you up as an online user, and issue you with login details, you can access the Client Login portal 24 hours a day, 7 days a week to browse our menu and make your meal selections. Online orders need to be placed at least three business days in advance of your expected delivery date.

Set up a **recurring order** and automatically have your meals delivered on your day of choice. Recurring orders can be set up for weekly, fortnightly, three or four weekly delivery, and can be altered at anytime.

If you are interested in being set up for online or recurring ordering, please let your Client Service Officer know.

RB and Woolworths Initiative

Glen 20 (RB) and Woolworths are assisting us once again! Following their kind donations last year, Glen 20 and Woolworths have partnered to help Meals on Wheels clients.

From 24 March until 4 May, every purchase of a Glen 20 and Pine O Clean product in Woolworths will help donate up to 50,000 hygiene packs to Meals on Wheels clients across the country.

These packs will be available to our existing clients, and will be rolled out in coming months. There is no need to contact the office about receiving your pack, one of our volunteers will deliver it with your meals when they become available (most likely around May).



Easter Orders, Deliveries and Closure

All Meals on Wheels Central Coast outlets will be closed from **2pm Thursday 1 April** and will reopen at **8am on Tuesday 6 April**.

Order Date	Earliest Delivery Date
Monday 29 March 2021	Thursday 1 April 2021
Tuesday 30 Mar 2021	Tuesday 6 April 2021
Wednesday 31 March 2021	Wednesday 7 April 2021
Thursday 1 April 2021 (before 2pm)	Thursday 8 April 2021
Friday 2 April 2021 (online orders)	Friday 9 April 2021
Monday 5 April 2021 (online orders)	Friday 9 April 2021
Tuesday 6 April 2021	Friday 9 April 2021



Follow us on Social Media



@mowcentralcoast



@mealsonwheelscoast



One Direct Connect

Client and Carer Testimonials

One of the best compliments our clients can give us, is when they recommend us to friends and family. We are currently collecting testimonials and would love to hear from you. The testimonials will be used on our website and social media channels, and will only include first names and suburbs.

The testimonial can include things such as your favourite meals, volunteers who go the extra mile, and the service that you receive. **If you'd like to provide us with a testimonial, please fill out the form below and hand it to our volunteer when they delivery your meals.**



Meals on Wheels Central Coast Testimonial	
Name:	Suburb:
Testimonial:	