

# Words On Wheels

MARCH - APRIL 2024

*Happy Easter*



## Public Holiday Closure

Good Friday 29th March 2023  
Meals will be delivered on  
Thursday 28th March 2024

Easter Monday 1st April 2024  
Meals will be delivered on  
Tuesday 2nd April 2024

If this is not suitable for you please  
ring the office to discuss before  
14/3/2024

Phone 02 4647 2073



## Chocolate Easter Bilbies



The Easter Bilby is an Australian alternative to the Easter Bunny and chocolate bunnies. Bilbies are native Australian marsupials that are endangered.

To raise money and increase awareness of conservation efforts, bilby-shaped chocolates and related merchandise are sold within many stores throughout Australia as an alternative to Easter bunnies.

The first chocolate Easter Bilbies were sold at the Warrawong Sanctuary when it was owned by John Wamsley, and were produced by Melba Chocolates in Woodside. Wamsley had successfully bred bilbies at the sanctuary.

Chocolate manufacturers that donate towards bilby conservation include Pink Lady and Haigh's Chocolates. In 2014, Pink Lady donated 30 cents from every large bilby sale and \$1 from every 10 pack. Parent company Fyna Foods manufactures chocolate bilbies as well as other iconic Australian fauna in their Australian Bush Friends Easter chocolate. 20 cents from every Bush Friends collection is donated to the Save the Bilby Fund. 2015 saw these chocolates raise over \$33,000 to the fund.



CAMPBELLTOWN  
MEALS ON WHEELS  
WOULD LIKE TO INVITE YOU  
ALL  
TO ATTEND OUR  
OUR SPECIAL EASTER  
MORNING TEA ON 27TH  
MARCH  
10.30AM TO 11.30AM  
R.S.V.P BY 15/03/24  
ON (02) 4647-2073

# Australia Day Pic's



Australia Day BBQ Lunch Celebrations



Our Lucky Raffle winners



# VALENTINES DAY CELEBRATION



# New Year Kick-off 2024

GENTLE EXERCISES



KNITTERS AND NATTERS GROUP



WITH LOTS OF FUN AND LAUGHTER

# Gardening Group

"NO PETE"  
YOU CAN'T GROW EGGS  
HAPPY EASTER FROM OUR GARDENING GROUP



# UP COMING EVENTS CALENDARS

# March

# 2024

Campbelltown Meals on Wheels

## Happy Easter

### Make sure you register to come!

Come along and enjoy, good food, good company, a raffle and loads of fun!!!



Ruse Community Hall, 29 Oberon Rd, Ruse 2560  
T:0246472073  
Starting at 10 am 27/03/24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Garden Group	1	2
3	4 Garden Group Gentle Exercises	5 Garden Group CARD MAKING GROUP	6 Garden Group Knitter & Natters	7 Garden Group	8	9
10	11 Garden Group Gentle Exercises	12 Garden Group TRIVA GROUP	13 Garden Group Knitter & Natters	14 Garden Group	15	16
17	18 Garden Group Gentle Exercises	19 Garden Group CARD MAKING GROUP	20 Garden Group Knitter & Natters	21 Garden Group Line Dancing	22 Great Mates BBQ	23
24	25 Garden Group Gentle Exercises	26 Garden Group BINGO GROUP	27 Garden Group Knitter & Natters Easter Special Morning Tea	28 Garden Group	29 PUBLIC HOLIDAY GOOD FRIDAY	30
31 Groups	Garden Group 11 am to 1pm  Gentle Exercises 10.30 am to 11.30 am	TRIVA GROUP 10.30 am to 11.30 am  BINGO GROUP 10.30 am to 11.30 am	Knitter & Natters 11am to 1pm  Easter Special Morning Tea 10am to 11.30am	Line Dancing 11am to 12pm	Great Mates BBQ 11am to 1pm	CARD MAKING GROUP 11 am to 1pm

# EASTER WORD SEARCH

## EASTER WORD SEARCH

S R Y Q I I S Y M J D N Y S U C Q K B N  
B W J H L D Y I H F O U O P N B K P J C  
N L Q N G S J Y H I T B X R U Q F Y O F  
X F A D V U Z E T Z M I B I F A T C J P  
N L A M L V O A L A I C W N K Y A J Z U  
S O A P B N R F D L Y C V G A N K D I K  
A W T M S B M D M A Y P L F D G X Z P N  
T E A D E W T Z I U M B U Y C E H Q C P  
C R G L M E Y R O L B H E E T L B C I C  
Z S E Y Y W O F I L D N H A Y H U X C A  
O C J I A L M R I M Q X R T N N G C R H  
P Z F C H R I V U A G O P X I S P X F T  
I O Z F Z A I L G F C H L T H Q Q P K R  
S O E L S N O Z N E L H W E C I H M C Q  
N K X X N T L O D U H V K A T U D H I I  
A R E T S A E S W J K F S D N F O E H Q  
H O T E G G S K G R I W U T N C H B C R  
Y C U C Y A N O S C U X N T O F T S T U  
F B N N L V P Q B A R X D L I B Y X R Y  
S L B T P M E X F T B U A V W E X M V Y  
O V H W X P B R T L X T Y K A Q U O M C  
H P A R A D E K R D E B L B K X V W R Y  
M X B T I I Z W J Y X Y M I Z G W T X E  
X Q G B L C P J A L B U N N Y S C Q A F  
X M T E N N O B W K Y Y N Z N Y Q S Y B

Easter	Jellybeans	Spring	Bonnet
Basket	Celebration	Candy	Fun
Bunny	Decorate	Hunt	Sunday
Hide	Chocolate	Lily	Parade
Eggs	Flowers	Chick	Lamb



Just for Fun



# Tanya's Suggestions'



## UP COMING NEW DISH PREMIUM RANGE



**Thai Green Chicken Curry**  
(This is yummy with a crisp green salad)

## BEEF & POTATO HOT POT

Why not serve this with some hot crusty bread.



**CURRIED PRAWNS**  
(Top up with our Fried Rice Snack Pack. )

## Kitchen Update

\*\*\* PLEASE COUNT YOUR MEALS\*\*\*

- When you receive your meal delivery please take time to count them with the Volunteer
- Please ensure you check your numbers before signing off as this is your confirmation that you have received the meals.
- We thank you for your support in doing this as it helps the driver and ensures you receive the right deliveries.

We have had some changes to the menu due to suppliers changing the name. Beef & Red wine Casserole(Mini Meal) is now called Beef Bourguignon.

If you would like an extra copy of our latest menu please don't hesitate to ask one of our volunteers.

If you have any questions, please ring on (02)4647-2073 and one of the friendly team will assist you.

ALL MEALS COME PRE-PACKED WITH SEASONAL VEGE'S



# TRIVIA



A colorful poster for 'TRIVIA TIME'. It features a large white question mark in the center. Surrounding it are various quiz-related icons: a 'QUIZ' sign with question marks, a 'QUESTIONS' banner, a 'Q&A' sign with a person, and a 'QUIZ' sign with a checkmark and exclamation mark. At the bottom, it says 'TRIVIA TIME' in blue and red letters, followed by 'JOIN US Second Tuesday of Every Month'. The time is '10.30AM TO 11.30AM' and the location is 'Ruse Community Hall 29 Oberon Rd, Ruse NSW'. A '\$5' price tag is in a teal circle. A logo for 'CAMPBELLTOWN MEALS ON WHEELS' is in the top right. A 'REGISTER NOW' button and 'CALL 4647 2073' are at the bottom.

COME-A-LONG  
HAVE SOME FUN  
AND BE THE LUCKY  
ONE  
GIFT VOUCHER  
CHOCOLATES  
ASSTD. PRIZES  
TO BE WON.

GREAT WAY TO  
MEET NEW  
PEOPLE  
HAVE A LAUGHT  
TO CONNECT  
WITH YOUR LOCAL  
COMMUNITY



A colorful poster for 'BINGO!'. It features the word 'BINGO!' in large, multi-colored letters. Above it are numbers 1, 8, and a star. Below it are a bingo ball cage, a pile of colorful bingo balls, and a bingo card. The bingo card has the following numbers: 7, 28, 44, 46, 75; 5, 17, 32, 55, 64; 3, 30, FREE, 59, 70; 23, 37, 48. At the bottom, it says 'JOIN US Fourth Tuesday of Every Month'. The time is '10.30AM TO 11.30AM' and the location is 'Ruse Community Hall 29 Oberon Rd, Ruse NSW'. A '\$3 PER CARD' price tag is in a teal circle. A logo for 'CAMPBELLTOWN MEALS ON WHEELS' is in the top left. A 'REGISTER NOW' button and 'CALL 4647 2073' are at the bottom.

# BINGO

# LINE DANCING

## Line Dance Classes

MONTHLY  
29TH FEBRUARY  
21ST MARCH  
18TH APRIL 2024



**CAMPBELLTOWN  
MEALS ON WHEELS**  
Ruse Community Hall

29 Oberon Rd, Ruse. NSW 2560

T: 0246472073

STARTING AT 11AM

**\$7 per  
class**

**OUR PROFESSIONAL INSTRUCTOR**

# CELEBRATING MARCH AND APRIL



# ANZAC Day



Anzac Day Public  
Holiday Thursday  
25th April 2024  
Public Holiday Closure  
Deliveries for this day  
will be delivered on  
Friday 26th April 2023

*Please advise the office if  
you wish to discuss this*  
T: 4647 2073



*Lest We Forget*



## A Tribute to ANZAC Day

With their hair a little whiter, their step not quite so sure  
Still they march on proudly as they did the year before.  
Theirs were the hands that saved us, their courage showed  
the way  
Their lives they laid down for us, that we may live today.  
From Gallipoli's rugged hillsides, to the sands of Alamein  
On rolling seas and in the skies, those memories will remain.  
Of airmen and the sailors, of Lone Pine and Suvla Bay  
The boys of the Dardenelles are remembered on this day.  
They fought their way through jungles, their blood soaked  
desert sands  
They still remember comrades who rest in foreign lands.  
They remember the siege of old Tobruk, the mud of the  
Kokoda Trail  
Some paying the supreme sacrifice with courage that did not  
fail.  
To the icy land of Korea, the steamy jungles of Vietnam  
And the heroic battle of Kapyong and that epic victory at  
Long Tan.  
Fathers, sons and brothers, together they fought and died  
That we may live in peace together, while at home their  
mothers cried.  
When that final bugle calls them to cross that great divide  
Those comrades will be waiting when they reach the other  
side.

Ken Bunker



# ANZAC Day

On Anzac day we recognize the courage, mateship, skill and perseverance of those who have served, fought and given their lives in the military. On Anzac Day, we show love, honour and support for those who fought to enable freedom for people all over the world, but were not able to make it home.

The Dawn Service is one of the most revered and popular ceremonies that takes place on Anzac Day. The Dawn Service is thought to have originated in the military routine known as the “stand-to.” Opposing armies often attacked in the partial light of dusk and dawn. Ever vigilant, the Australian military made it a practice to wake the soldiers and prepare them at their posts with weapons before the other armies could strike. The stand-to technique is still used by the Australian military to this day. The Dawn Service seeks to recapture those quiet moments in the near-darkness, when soldiers had an opportunity to bond and reflect. While the first Dawn Services were vigils performed only by veterans in complete silence, all Australians are encouraged to participate. Today, some services feature readings, hymns, and rifle volleys. Contact the Campbelltown Council on 02 4645 4000 for details closer to the date.



Campbelltown takes part in Anzac Day events annually on the 25 April.

‘They shall not grow old, as we that are left grow old,  
Age shall not weary them, nor the years condemn.  
At the going down of the sun, and in the morning,  
We will remember them.’

# UP COMING EVENTS CALENDARS

# April

# 2024

Campbelltown Meals on Wheels

## ANZAC DAY

**We Will Remember Them**

**Lest We Forget...**

'They shall not grow old, as we that are left grow old,

Age shall not weary them, nor the years condemn.

At the going down of the sun, and in the morning,

**We will remember them.'**



Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
	<b>PUBLIC HOLIDAY EASTER MONDAY</b>	Garden Group CARD MAKING GROUP	Garden Group Knitter & Natters	Garden Group		
7	8 Garden Group Gentle Exercises	9 Garden Group TRIVA GROUP	10 Garden Group Knitter & Natters	11 Garden Group	12	13
14	15 Garden Group Gentle Exercises	16 Garden Group CARD MAKING GROUP	17 ANZAC SPECIAL SERVICE DAY FOLLOWED BY MORNING TEA	18 Line Dancing Garden Group	19	20
21	22 Garden Group Gentle Exercises	23 Garden Group BINGO GROUP	24 Garden Group Knitter & Natters	25 <b>PUBLIC HOLIDAY ANZAC DAY</b>	26 Great Mates BBQ	27
28	29 Garden Group Gentle Exercises	30 Garden Group CARD MAKING GROUP				
	Garden Group 11 am to 1pm  Gentle Exercises 10.30 am to 11.30 am	TRIVA GROUP 10.30 am to 11.30 am	Knitter & Natters 11am to 1pm  ANZAC SPECIAL SERVICE 10am to 11am 17/04/24	Line Dancing 11am to 12pm	BINGO GROUP 10.30 am to 11.30 am  Great Mates BBQ 11am to 1pm	CARD MAKING GROUP 11 am to 1pm

# Recipe

## ANZAC BISCUITS

### INGREDIENTS

130g plain flour (1 cup / 4.6oz)  
150g granulated white sugar ( $\frac{3}{4}$  cup / 5.3oz)  
 $\frac{1}{4}$  teaspoon salt  
1  $\frac{1}{2}$  cups rolled oats (not quick oats)  
(180g / 6.3oz)  
 $\frac{2}{3}$  cup fine desiccated coconut (50g / 1.8oz)  
 $\frac{1}{4}$  cup golden syrup (notes)  
113g unsalted butter ( $\frac{1}{2}$  cup / 1 stick)  
1 teaspoon baking soda (bicarb)  
1  $\frac{1}{2}$  tablespoons boiling water (6 teaspoons – see notes)



### INSTRUCTIONS

- Preheat the oven to 180C / 350F / 160C fan forced.
- In a large bowl, whisk together the flour, sugar, oats, coconut and salt until well combined. Set aside.
- Combine the golden syrup and butter in a small saucepan and melt together over low heat.
- Mix the baking soda with the boiling water and add to the butter mixture. It should start to get frothy straight away.
- Mix the wet ingredients into the dry ingredients
- Use a small cookie scoop to scoop balls of loose cookie dough onto baking trays at least 2 inches apart. Don't overcrowd the trays as they spread.
- Bake for 14 minutes, turning the tray at the halfway point.
- **Baking time:** 14 minutes will give you the perfect golden colour and a chewy centre. If you want biscuits that are crunchy all the way through, cook for 20-22 minutes until they are a darker golden-brown.

# A Big Thankyou to Our Community Sponsor Of The Month.



## Eschol Park Public School



[escholpark-p.schools.nsw.edu.au](http://escholpark-p.schools.nsw.edu.au),



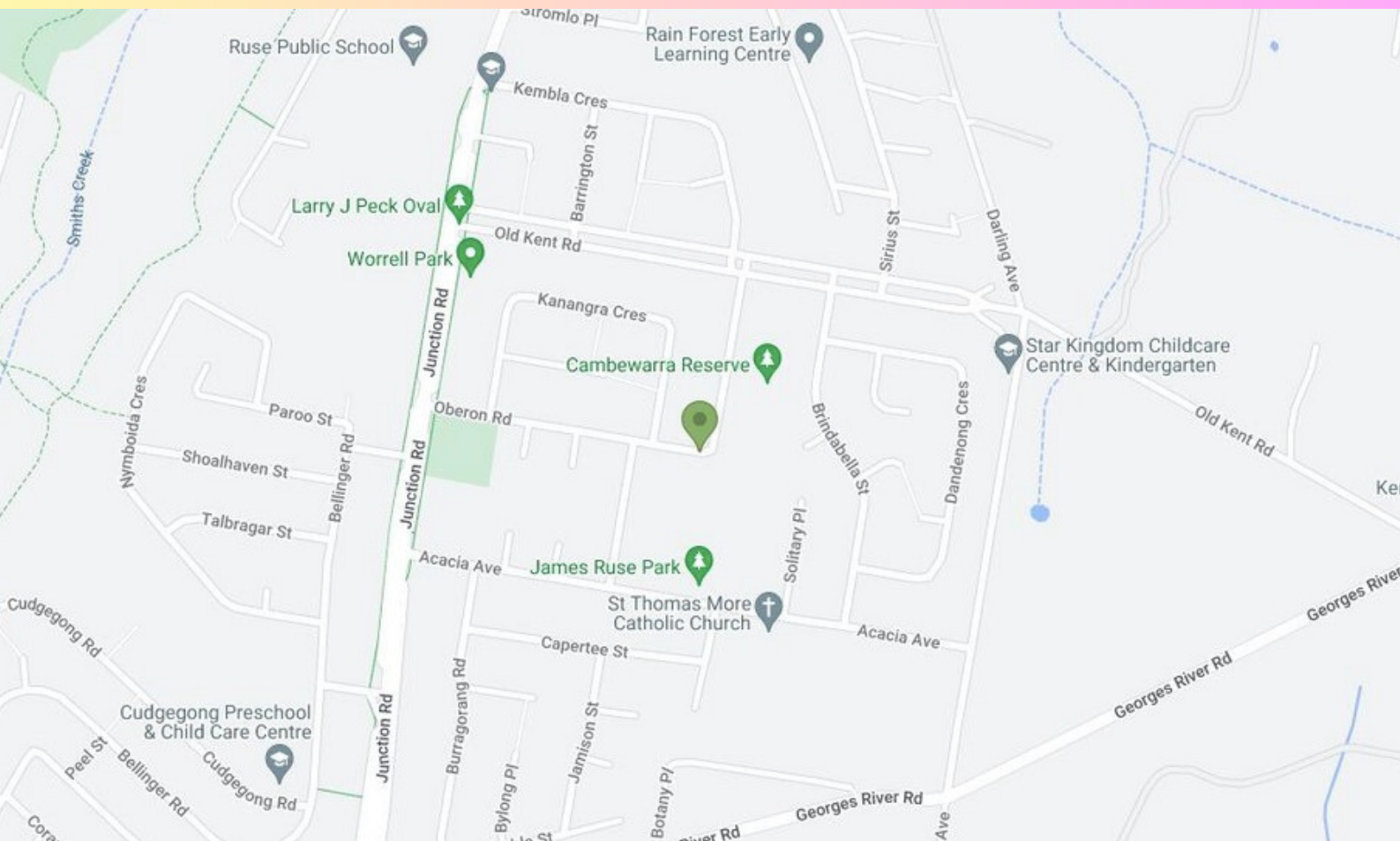
Primary school in New South Wales

**Address:** Eschol Park Dr, Eschol Park NSW 2558

**Phone:** (02) 9824 7111



## Our Contact Details



Address: 29 Oberon Road, Ruse NSW 2560, Australia

PO Box 685, Campbelltown NSW 2560

Phone: (02)4647-2073

Business Hours:

Mon: 7:30 AM – 2:00 PM

Tue: 7:30 AM – 2:00 PM

Wed: 7:30 AM – 2:00 PM

Thu: 7:30 AM – 2:00 PM

Fri: 7:30 AM – 2:00 PM

Sat: Closed

Sun: Closed

Email: [clientsmowcamp@outlook.com](mailto:clientsmowcamp@outlook.com)

[www.campbelltownmealsonwheels.org.au](http://www.campbelltownmealsonwheels.org.au)

[www.facebook.com/mowcampbelltown](https://www.facebook.com/mowcampbelltown)

ABN: 23856 257 867