

Newsletter

January—February 2020

What's not to love about Campbelltown

THE JAPANESE GARDENS are a special gift from Koshigaya, Campbelltown's sister city in Japan. If you have never been they are located in the Campbelltown Arts Centre.

The Campbelltown Japanese Gardens celebrate the sister city relationship between Campbelltown and Koshigaya. The gardens were presented to Campbelltown by the citizens of Koshigaya on 10th April, 1988.

Koshigaya is a city located in Saitama Prefecture, Japan about 30km from Tokyo along the banks of the Motoarakawa River. It is famous for producing papier-mâché Daruma Dolls.. They have a round shape, are hollow and weighted at the bottom so that they will always return to an upright position when tilted over hence the nick name roly-poly doll.

The Japanese Gardens have a traditional waterfall, koi pond, timber bridge, stonework pathways, lush plantings and a 16th Century designed teahouse, hand crafted by Japanese craftsmen.

The Gardens are also home to the Arts Centre Café, a scenic dining location which overlooks the tranquil gardens. It's a great place to catch up with friends for a tea or coffee, go and enjoy.



Australia Day Public Holiday Closure

Monday 27th January 2020
is the official Public Holiday Closure
All meal deliveries for that day
will be delivered on
Friday 24th January 2020

If this is not suitable for you please ring the
office to discuss before 17/01/2020
Phone: 02 4645 4523



More
than just
a meal

Menu Changes



OUT WITH THE OLD, IN WITH THE NEW

We have had some changes to the menu due to suppliers changing their stock. This will affect the following on your menu:

Main Meals

We have had no changes to the Main meals but due to the drought we are having difficulties with supply of the following:

Roast Lamb, Vegetables & Gravy
Veal Schnitzel & Gravy



Mini Meals

Removed from menu:

Pumpkin & Spinach Frittata
Spinach & Ricotta Cannelloni
Chicken Fettuccini & Vegetables
Satay Chicken

New on Menu:

Creamy Chicken & Bacon with Penne
Pasta



***** DELIVERY TIMES *****

Our Volunteers deliver your meals between 9.00 am and 11.00 am, Monday to Friday. During busy times such as Public Holidays our drivers may have larger runs so please be patient. If you do have an appointment on delivery day then please let us know and we can change your day. If you are going to make an appointment on your delivery day then please make sure it is after 11.00 am and you have given yourself time to get there. Thanks for your understanding our volunteers will be very appreciative.

Sponsor of the Month



A massive Thank You to
Rainforest Early Learning Centre
for their ongoing support to
Campbelltown Meals on Wheels

Around Town



Celebrate Australia Day at Koshigaya Park

Why not join in on the fun this Australia Day as Campbelltown City Council hosts a day full of great music, free kids entertainment and delicious food.

There will be something for everyone at Campbelltown's largest Australia Day event.

So go along to Koshigaya Park, Campbelltown, take the whole family and join the party.

Sunday , 26th January 4.00 pm—9.00 pm



Bush Explorers, “Serenity Stroll” Freres Crossing

Saturday 8th February 2020, 1.00 pm—3.00 pm

Campbelltown Council in partnership with Kentlyn Bushcare will be hosting a morning nature walk at Frere’s Crossing Reserve.

Join them for a gentle walk through the forest to the Georges River. The walk will focus on using all your senses to fully appreciate nature, improve mindfulness and reduce stress.

Please register on line or ring Councils Natural Areas Team on 02 4645 4194 for information.



MAMMA MIA

Why not go and enjoy Campbelltown Theatre Groups presentation of Mamma Mia.

Being held at the Town Hall Theatre, 297 Queen Street, Campbelltown.

For bookings phone 0426 285 287 or go on line.



Sensory Walk and Activity for People with Dementia

Café Connect Campbelltown will be taking a walk through the beautiful but critically endangered Cumberland Plains Woodlands at the gardens. Participants will also learn a little about what goes on at the PlantBank and get up close with some of the seeds.

Tuesday 25th February 2020

10.00 am to 12.30 pm phone Kye, 46454110 for more information

News For You



PROTECT YOURSELF FROM BUSHFIRE SMOKE

Bushfires are creating smoky conditions across much of NSW and that may continue for some time. Smoke can affect people's health and it is important for everyone to reduce exposure.

If you have access to a computer go in and check the air quality for our region. It will give you a comprehensive guide to what activities you can do depending on the Air Quality Index.

Bushfire smoke can affect people's health and it is important for everyone to reduce exposure. The following are a few tips for you to try:

- If you are under the doctor for asthma or breathing related conditions then make sure you are following your management plan if you have one. Keep your medication close at hand and consult your doctor if your symptoms worsen.
- Spend more time indoors. Keep all your doors and windows shut to keep the smoke out. If you have a draft excluder for your doors then use it to try and stop the smoke from entering your house. Open windows and doors only when the smoke clears.
- Avoid vigorous outdoor activities, especially if you have asthma or a lung condition. If you walk your dog remember the smoke affects them too so keep an eye on your pets.
- If you can, spend time in an air conditioned venue like the library, cinema or shopping centre. Good excuse to meet a friend for tea or coffee!!!
- Avoid indoor sources of air pollution like cigarettes, candles and incense sticks.
- As ugly as it is covering your nose and mouth with a mask designed to filter fine particles will help. You must however use a mask rated either P1 or P2 which are available from hardware stores.

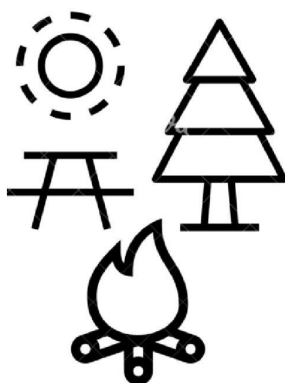
For more information visit the NSW Health site at www.health.nsw.gov.au for a fact sheet

Just for Fun

SUMMER!



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



CAMPING
 FRISBEE
 OUTDOORS
 PLAY
 SHORTS
 SUN
 SWIMSUIT

DIVING
 GRASS
 PARK
 POPSICLE
 SPRINKLER
 SUNSCREEN
 TAN

FLOWERS
 HOT
 PICNIC
 SANDALS
 SUMMER
 SWIMMING
 WATERMELON

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Just for Fun

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	3			1			5	
		9				2		
7			1		6			9
	2						8	
1			4		9			3
		8				1		
	5			9			7	
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1								6
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7	8	9	4	5		1		3
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3	1	2	9	7			4	
	4			1	2		7	8
9		8						



Just for Fun

You can't
expect to be
old & wise if
you were never
young & crazy



I'm Not Old
I Just Need
Some WD-40

I'M AT THAT AGE WHERE
MY MIND STILL THINKS
I'M 29, MY HUMOR
SUGGESTS I'M 12 WHILE
MY BODY MOSTLY KEEPS
ASKING IF I'M SURE I'M
NOT DEAD YET.



Don't forget to ring!

Please ring and cancel your meal delivery if you are going away or don't require them on specific days.

We would appreciate 48 hrs notice for any changes to your meals or delivery.

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www.campbelltownmealsonwheels.org.au

www.facebook.com/mowcampbelltown

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**More
than just
a meal**