



Merry CHRISTMAS AND A HAPPY New Year



A Big Welcome to Alan

As the Manager of Eurobodalla Meals on Wheels I have the great pleasure of taking on the role of Manager at Southern Shoalhaven Meals on Wheels. It is a little daunting as there is a such wonderful legacy left by Vicki Love after 13 years of devoted and caring leadership of the organisation.

My role is to build upon the legacy I have been handed and to continue to develop and grow Southern Shoalhaven Meals on Wheels along with the Management Committee. I have been fortunate to meet some of the volunteers and clients who were attending the Groups day at the centre. I hope over time to meet more of you and to get to know all the volunteers and clients over the next few months.

GOOD NEWS The twelfth Annual General Meeting of Southern Shoalhaven Meals on Wheels Incorporated Association was held on Thursday October 27th 2022. The audited Financial Report for the period ending June 30 2022 was tabled at the AGM, along with yearly reports from our President Sue, Treasurer John and outgoing Manager, Vicki. The Board acknowledged the tireless, passionate effort that Vicki has contributed to our organisation.



Rowena, Laura, Vicki, Suzy and Emma celebrating Vicki's retirement

FOOD SAFETY - With the onset of hot summer days please be aware that one of the most common causes of salmonella poisoning is not carefully separating raw food from cooked food, plus, the longer food is left out of the fridge, the more bacteria will multiply.

Remember If food that is normally refrigerated has been sitting out **for over two hours**, you should throw it out **DO NOT** put it back in the fridge!

- * Thaw frozen food in the fridge, never on the bench!!
- * Wash fruit and vegetables thoroughly before eating
- * Wash hands immediately after handling raw foods and before handling other food. Be aware & keep yourself healthy to enjoy the festive season.

Focus on the step in front of you.....not the whole staircase....



Important dates to remember

Wed 7th Dec — Social Group Christmas Function

Fri 23 Dec — Tues 3rd Office will be closed



YURANA CANCER KIDS HOLIDAY HOMES

CHRISTMAS DAY LUNCHEON AT SURF CLUB

Don't spend Christmas Day on your own this year. Come and join us at the Surf Club. This is a free luncheon for those who are by themselves on Christmas Day.

If you are unable to come to the Surf Club we do deliver meals to your home. If you would like to join us but have no transport, this can also be arranged.

A happy day is had by all with a delicious traditional Christmas luncheon, a visit from Santa and lots of happiness and laughter.



Please call the office **44541700** **BEFORE** 20th December, to book your place, if the office is un-attended please leave a message and your phone number, we will get back to you.

Donations are very much appreciated 😊

Social Group News

Enjoy the special time in the company of those that are close to your heart ❤️



While it continued to rain and rain outside, our social groups celebrated the arrival of spring inside by making all sorts of flowers and decorating the room to become a festival of "springness"! There was no sitting at home and feeling gloomy for us! We even had a beach party, playing our own version of beach volleyball and coconut bowls, which definitely brought out the competitive nature of many of our clients, as well as lots of laughs. At our Polynesian party we

were entertained by the most delightful Enalina who danced for us and tried to teach us the hula. I think we might need a few more lessons to get those hips moving the way hers did!! On the outing to Bateman's Bay we enjoyed cake and coffee and shopped before going to the beautiful Catalina Club for lunch, which was a real treat. On our last day together in our groups we all made some wonderful decoupage candles, some cute Christmas sweets, and played games and quizzes, which excited us all for our joint Christmas party where we will end the year together, celebrating the season and giving thanks for all our great times together.



Southern Shoalhaven Zone Meals on Wheels
Building 3; 78 St Vincent Street, Ulladulla
PO Box 983, Ulladulla 2539
Monday to Friday 9.00am - 2:30pm
Phone: 4455 2861



**I JUST GOT A FULL
TANK OF GAS FOR \$22.
GRANTED, IT WAS FOR
MY LAWN MOWER, BUT
I AM TRYING TO STAY
POSITIVE.**