



# Behind the Wheel

Nepean Food  
Services

March 2017

EXCELLENCE IN THE WAY WE ENABLE THOSE WE SUPPORT TO STAY INDEPENDENT

CLIENT NEWSLETTER

## A Message from our Operations Manager

Ditte Kozak

After a long hot summer, the rain has been a welcome release and now we prepare for Easter.

To ensure that you continue to eat well over Easter, please make sure you have ordered your meals for over the Easter holiday period.

We have ordered hot cross buns as a treat for everyone to enjoy. These will come out to you with your meal deliveries in the week leading up to Easter.

We have a lovely Easter basket donated by Guardian Funerals and everyone will receive a number to go into the draw to win the basket. For people who receive invoices, your number will be attached.

Please don't hesitate to call our lovely staff if you have an issue with your meals. We are only too happy to assist you in any way possible

### Easter Closure Dates:

Closed Good Friday - 14<sup>th</sup> April, 2017

Reopen Tuesday 18<sup>th</sup> April 2017 9:00AM



## Contact Us

### Penrith Program

Regentville Hall  
16 Jeanette St,  
REGENTVILLE NSW 2745  
Phone: (02) 4733 7200  
Fax: (02) 4733 7211

### Warragamba Program

15 Weir Road  
WARRAGAMBA NSW 2752  
(02) 4774 2589

## Warragamba/Silverdale



Warragamba and Silverdale eligible residents are able to access the services that we offer. We have vacancies in our social groups and outings. Please keep in mind that we also offer Medical Transport.

If you know anyone who may be interested in becoming one of our highly appreciated volunteers, please let them know we have vacancies. Our volunteers enjoy a fulfilling role that includes supporting members of the community with medical transports and a multitude of social activities. As you can see by the smiles on the faces of Flora and Emily, our clients love the friendship we offer them.

Photo taken at Warragamba Seniors Expo

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## Two New Venues for our Let's Dine Out Program

Green Chocolate Lounge Café – 4 Lakeside Pde, Jordan Springs. 4706 0877. Great brunch option.

Bistro 2747 – Kingswood Sports Club – 4737 4600 - variety of \$10 meals for seniors. They “love hosting seniors.”

Why not try out your Let's Dine Out vouchers at these new venues for a nice change.

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## Winter is fast approaching.

There is nothing nicer than a bowl of hot soup to warm you up.

Why not try one of our yummy varieties like *Country Chicken & Vegetable*, *Beef & Barley*, *Cream of Tomato* or *Pea & Ham*. We also have Mrs Mac's Pies, Four 'N' Twenty king size sausage rolls, pasties, and SunnyQueen Omelettes.






# Meals on Wheels

## Nepean Food Services

We wish to thank all of our volunteers for their dedication during the long spate of hot weather we had this January and February. Temperatures regularly reached well over 40 degrees but they all kept true to their commitment and ensured that you, as the highly valued people we support, had food and a safety check each day. We are sure you will join Nepean Food Services Meals on Wheels in commending our volunteers for all they do.

**Starts Wednesday 26<sup>th</sup> April, 2017**

**Please contact the office on (02) 4733 7200 to join.**

  
STEPPING ON


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**STEPPING ON**

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*Stepping On* is a free, exciting and friendly 7-week program for seniors that combines gentle strength and balance exercises with education sessions. It is designed to build knowledge, strength and confidence to prevent falls, stay active and remain independent.

Stepping On © Johnson and Moore, 2006





LikeMind Penrith provides service for adults with mental health concerns, as well as their families and carers. Here, you can access a range of community and health services in one location.

Contact Us

P: 02 8880 8111

F: 02 8880 8112

E: [likemindpenrith@ucmh.org.au](mailto:likemindpenrith@ucmh.org.au)

109 Henry St, Penrith NSW, 2750

Opening Hours

Mon – Friday: 9.00am – 5.00pm

## Thank you to our Sponsors

Your ongoing support is highly appreciated.



GMR (NSW) PTY LTD T/as  
**GMR GAV'S MECHANICAL REPAIRS**  
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 PENRITH NSW 2750  
 PH: (02) 4722 8433 FAX: (02) 4721 5931



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