



Meals on Wheels
Bundaberg



Service Manager Message

End of Year Reflection

2023 has been a trying year for many as we've seen interest rates, fuel, price of food, travel all climb, putting pressure on many residents.

Bundaberg Meals On Wheels has too felt this pressure however we've continued to reframe from passing on these costs to already struggling clients to ensure meals, the main staple of life, can continue to be supplied.

As we look forward to 2024, our service will be working alongside 30 other Meals On Wheels services across the Eastern States as a consortium to the Federal Government Department of Health in creating a sustainable future for Meals On Wheels. Importantly this is a client focused collaboration with the inclusion of wellbeing checks as part of the delivery of meals. As we have developments, this will feature in future newsletters.

With December on our doorstep, Bundaberg Meals On Wheels is gearing up for Christmas and we ask all to be aware of upcoming changes to hours and requests forms coming your way.

- Meals On Wheels will be CLOSED from midday Friday 22nd December and not opening until Tuesday 2nd January 2024.
- Do you need meals during this closure period? If you haven't done already, please send back your meal request forms (even if you don't wish to receive meals) back with our drivers ASAP.
- Christmas Treats, rum balls, apricot balls and white Christmas. Order forms due back by Friday 1st December.
- We are thanking the hard work our volunteers have put in this year with a celebration. So on Tuesday 5th December, meals will be delivered a little earlier so please be aware that meals could be delivered from around 10am that morning.
- Staff to are going to have a little celebration to finish off the year, so we will be closing the office early Friday 8th December from 1:30pm.
- Christmas Raffle Tickets are out and about on runs. \$2 per ticket for a chance to win some fantastic prizes. Drawn Monday 11th December 2023.

Newsletter

Edition 2

02-2023



More
than just
a meal

- 2024 Calendars are currently being printed, Thank you again to the talented students of Walkervale State School for the artwork and recipes this year. All clients will receive a copy of the calendar, which will be distributed before service closure this year.

Our farmers have had another tough year with the weather changes we've experienced, however they continue to assist our service in donating fresh fruit and vegetables. As a thank you we will be sending out a small hamper and we would like to acknowledge the generous support of Dan Murphy's who donated cartons of beer for the hampers, greatly appreciated.

I would like to thank all our wonderful staff, volunteers and Committee Members all of whom have worked so hard this year to ensure another successful and prosperous year, but importantly continued to see those within our local community not just in nutritious meals but the wellbeing and support. Thank You all.

On behalf of all the staff and volunteers of Bundaberg Meals On Wheels, we wish you are happy and safe Christmas, please look after yourselves during this warmer period and thank you for supporting our service in 2023.

Kind regards
Brendon Searle
Service Manager
Bundaberg & District Meals On Wheels Inc.



Office News

December Office Changes

Tuesday 5th December
Earlier deliveries

Friday 8th December
Service CLOSED from 1:30pm

CHRISTMAS CLOSURE
Friday 22nd December from 12:00pm
to
Tuesday 2nd January 2024 from 7:30am





What's Cooking



Christmas Treats

- Rum Balls
- Apricot Balls

White Christmas (made with White Chocolate)
Get the orders in by Friday 1st December 2023.



Volunteer Drivers

From Friday 15th to Thursday 21st December, frozen meals will be delivered for those needing meals over the Christmas period. Please ensure you have space available in your freezers ready for these additional meals. Please be advised due to the volume, these maybe delivered at a different time to your daily meals.

Christmas Treats and 2024 Calendars will be delivered with daily runs prior to our closure on Friday 22nd December.



Helping Hands

Make 2024 the year for Volunteering

If you are able to assist or know of someone who could donate a few hours each week in our kitchen or to deliver meals, we would love to hear from you. Please call our office (07) 4151 5825



How Are You?

This time of year can be hard, especially with the loss of loved ones or not able to have family over. If you need to speak to someone please call:

- Lifeline: 13 11 14
- Mens Line: 1300 789 978
- 13 HEALTH: 13 43 25 84
- Beyond Blue: 300 224 636
- Relationships Australia: 1300 364 277



What's On



2023 Christmas Raffle

\$2 ticket



DRAWN Monday 11th December 2023
Winners will be contacted and published on our Facebook page.



Puzzle Me This??

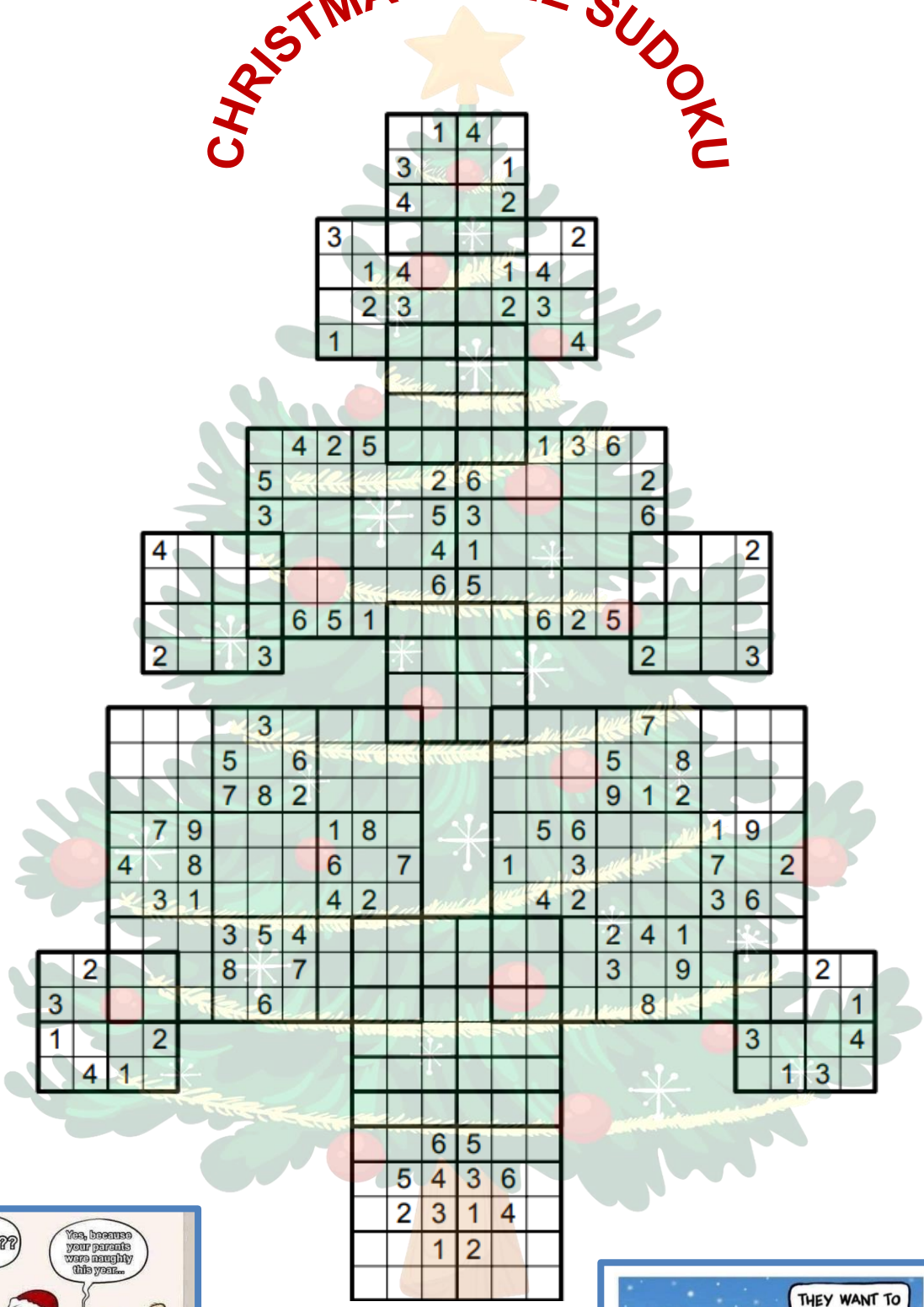
CHRISTMAS SUDOKU

Complete the sudoku puzzle by filling in the missing boxes with the correct drawing. The answer key is provided on the second slide. Merry Christmas!

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CHRISTMAS TREE SUDOKU



25 Fun Christmas Trivia Questions

- Question:** Which popular Christmas beverage is also called "milk punch?"
Answer: Eggnog
- Question:** What did the other reindeer not let Rudolph do because of his shiny red nose?
Answer: Join in any reindeer games
- Question:** How many ghosts show up in *A Christmas Carol*?
Answer: Four
- Question:** Where was baby Jesus born?
Answer: In Bethlehem
- Question:** The movie *Miracle on 34th Street* is based on a real-life department store. What is it?
Answer: Macy's
- Question:** What are the two other most popular names for Santa Claus?
Answer: Kris Kringle and Saint Nick
- Question:** Elvis isn't going to have a white Christmas he's going to have a....
Answer: Blue Christmas
- Question:** What do people traditionally put on top of a Christmas tree?
Answer: An angel
- Question:** In *Home Alone*, where are the McCallisters going on vacation when they leave Kevin behind?
Answer: Paris
- Question:** In the classic Christmas movie, *How The Grinch Stole Christmas*, the Grinch was described with three words. What are they?
Answer: Stink, stank, stunk
- Question:** In which modern-day country was St. Nicholas born in?
Answer: Turkey (originally Patara, a city in the ancient district of Lycia, in Asia Minor)
- Question:** In the movie *It's A Wonderful Life*, what happened every time a bell rang?
Answer: An angel got his wings
- Question:** What words follow "Silent Night" in the song?
Answer: Holy night
- Question:** Which Hollywood actor played six different roles in *The Polar Express*?
Answer: Tom Hanks
- Question:** In Charles Dickens' *A Christmas Carol*, what was the first name of Scrooge?
Answer: Ebenezer
- Question:** Which country did eggnog come from?
Answer: England
- Question:** Which real-life person is Santa Claus based on?
Answer: The Christian bishop St. Nicholas
- Question:** What did Frosty The Snowman do when a magic hat was placed on his head?
Answer: He began to dance around
- Question:** What is Ralphie's little brother's name in the movie *A Christmas Story*?
Answer: Randy

- Question:** Which Christmas song contains the lyric "Everyone dancing merrily in the new old-fashioned way?"
Answer: "Rocking Around The Christmas Tree"



- Question:** What are you supposed to do when you find yourself under the mistletoe?
Answer: Kiss
- Question:** Which one of Santa's reindeer has the same name as another holiday mascot?
Answer: Cupid
- Question:** Which country started the tradition of putting up a Christmas tree?
Answer: Germany
- Question:** In the song "Winter Wonderland," what do we call the snowman?
Answer: Parson Brown
- Question:** In the movie *Elf*, what was the first rule of The Code of Elves?
Answer: Treat every day like Christmas

