



Meals on Wheels
Rockhampton

Newsletter

AUG/SEPT

2023

More than just a meal



Meals on wheels Rockhampton Inc



www.rockhamptonmealsonwheels.com



4928 0540 or 4928 9337



National Meals on Wheels Day is Thursday, August 31st

Leaving Phone Messages



Our Office is open from Monday to Friday 7.30am to 2.30pm. If you need to leave a message outside of these hours, you can do so on our answering machine and a staff member will get back to you as soon as possible within office hours.

When leaving a message, please remember to tell us your name, address and leave a clear message and someone will return your call.

Client Review Forms

The 2023 Client review forms were sent out recently to all clients. If you have not yet returned your completed form, could you please do so ASAP. These forms give you a opportunity to update your information and provide our service with feedback. We are required by the Aged care Quality Standards to conduct these reviews annually .

If you believe you have misplaced your original form, please advise our office and we can send out a new one.



Have you thought about a key safe?

Have you ever had to go out when during meal delivery time but don't want to miss out on your lunch?

A Key safe is a safe and secure option for storing your keys and allowing volunteers to use access your key and put your meal in the fridge if you are not home.

This is much safer option than hiding a key under a mat or even leaving your doors unlocked.

Benefits of installing a key safe:

- **Housing a spare key if you lock yourself out**
- **Your keys are safe and can only be accessed by people given the code**
- **Emergency services Access**
- **Family/Friends access**
- **Meals on Wheels can put your meal in the fridge if you are not home.**



If you install a Key safe or have a key safe already, you can provide our office with the keycode number which is only used if you are not home at delivery time to allow the volunteers to put your meal in your fridge. Volunteers are trained in using key safes and all volunteers have current police checks and maintain confidentiality in using your code.

If you already have a key safe and have provided us the code previously, please ensure you inform us if the code is ever changed ; please ensure a key is kept in the key safe and check the key safe occasionally to ensure it is still in working order.

CQ Home Assist Secure can provide a Keysafe and installation and demonstration on use for approximately \$40. Key safes attach to any wall or flat surface and holds 2 keys. Larger sizes are available on request.

Contact **CQ Home Assist Secure on 4936 8522 or 1800 223 301** for more information.



Winter Menu - week tracker



We are currently on the second cycle of the Winter Menu . If you have lost track of where we are up to on the menu. Dates are listed below.

- Week 1** - July 24th to July 28th
- Week 2** - July 31st to August 4th
- Week 3** - August 7th to August 11th
- Week 4** - August 14th to August 18th
- Week 5** - August 21st to August 25th
- Week 6** - August 28th to September 1st

Menu returns to week 1



Community Events - August and September

August 2nd - **Knitting and Crochet Club**. Weekly group. 9.30am to 12pm . Southside Library.

August 3rd - **Art Walk at Rockhampton Museum of Art**. Join Rockhampton Museum of Art Curatorial team for an engaging and tailored tour of current exhibitions. Learn about artworks, but also HOW to look at artworks. There's something new to look at and discuss each time. Free.

August 8th - **Free Seminar: Superannuation and Retirement Streams**. Northside Library. 9.30am to 12pm

August 15th - **Origami Club at Gracemere Library**. Free. Come along to our monthly Origami Club and learn to transform an ordinary piece of paper into something amazing! Fun for all ages - everyone welcome. Please phone Library Administration on 4936 8043 to book.

August 19th - **Taste of the World Cultural Festival**. 1pm to 6pm. Riverside Park, Quay St.

August 21st to August 29th - **Tropic of Capricorn Veteran Golf Carnival**. Veteran golfers Men 55yrs+ and Women 50yrs+ come and enjoy great golf and meet new friends on the golf courses in Rockhampton and the Capricorn Coast.

August 22nd - **Cake Club at Gracemere Library**. 10am to 11.30am. Enjoy good company, good conversation and, of course, cake and a cuppa in the friendly welcoming environment of Cake Club. Help sustainability by bringing along your own keep cup or mug

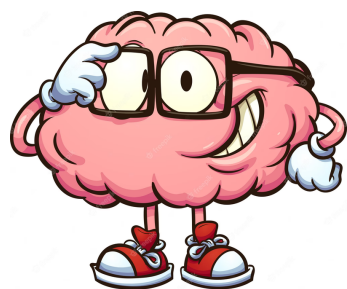
August 24th - **Author Talk with Warren Nunn**. 10am to 11am. Southside Library. Anyone interested in the gold mining history of Mount Morgan will find this account of the life of fold-miner, butcher, publican and rouseabout Henry Aldridge one of surprising twists and turns.

August 25th to 27th August - **The Wizard of Oz**. Presented by Yeppoon choral Society. Yeppoon Town Hall. 7.30pm Friday. 3.00pm Saturday and Sunday.

September 2nd - **Mount Morgan Wattle Day**. All day event. Entertainment. Food/market stalls

September 29th - **Author talk Gabriel Nader** - 10am to 11am. Southside Library Egyptian storyteller, raconteur, scientist and teacher Gabriel Nader will take participants on a lively journey exploring the dynamic ancient art of storytelling and how this translates to the written word.

For more information and a full list of upcoming local events and activities - <https://www.rockhamptonregion.qld.gov.au/CommunityEvents/Events-Activities>



Keep your brain active

Sudoku

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

Word Sudoku

D	A				G			E
		C	B		I			H
		H		E	A	I	D	
F	C	E					G	
		B				A		
	D					H	E	B
	I	D	G	C		F		
C			D		F	B		
H			I				C	D

I	B		D		F		E	
		F	A		E			
H			C				D	G
	B		E		I	A	F	
C								B
	F	A	D		B		H	
F	E				D			I
				I	C	E		
B	I		E		D		A	

WORD SUDOKU RULES

These are played just like a regular sudoku, except that each of the digits is replaced by a unique letter. Each of the nine rows and columns, as well as each of the nine subregions, must contain one and only one of each of the nine letters.