



# Meals on Wheels Bega Valley

## Pambula Seniors Social Group Monday September 2023

4<sup>th</sup> September 2023



### ☀ SPRING ☀

Flower Potting

Pansies + Daisies + Marigolds

Gentle Exercise + Yoga

11<sup>th</sup> September 2023



### REUSE + RECYCLE

Lunch at Toussaint Café Bega

Learn to love your garbage

Grow your garden

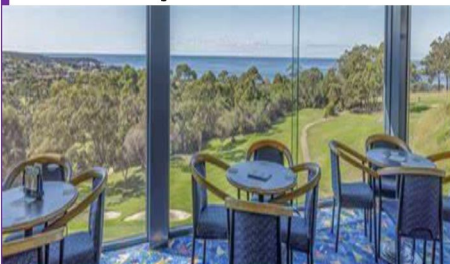
18<sup>th</sup> September 2023



### DIABETIC EDUCATOR

Guest Speaker, Erica Sly, will come  
and help us to make wise choices  
and will answer any questions

25<sup>th</sup> September 2023



### SPRING OUTING

Tura Beach Nursery

Lunch at Tura Beach Golf Club

Whale Watching + Penguin Spotting



Pambula CWA

1/24 Toallo Street

Monday 10am - 2pm

We can arrange Transport

☎ 6492 4146

✉ [socialsupportcoordinator@bvmow.org.au](mailto:socialsupportcoordinator@bvmow.org.au)