



# Meals on Wheels Bega Valley

**Bega Seniors Social Group**  
**Wednesday September 2023**

6<sup>th</sup> September 2023



## Craft for Open Day

Painting and Decorating Bird Houses  
Key Holders + Keep Sakes  
Bring along a design in mind

13<sup>th</sup> September 2023



## ☀ SPRING ☀

Flower Potting  
Pansies + Daisies + Marigolds  
Gentle Chair Exercises + Music

20<sup>th</sup> September 2023



## REUSING

Let's share ideas on how you  
reuse + recycle things at home  
Trash into Treasure

27<sup>th</sup> September 2023



## ☀ PAMBULA ☀

Walk along Pamboola Wetlands  
Conservation + Restoration  
Lunch at Toast in Pambula

**More  
than just  
a meal**

Toussaint Activity Centre  
101 – 103 Bega Street @ Bega  
Wednesday 10 am – 2 pm  
We can arrange Transport

☎ 6492 4146

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