



Meals on Wheels
Bega Valley

SAPPHIRE SENIORS GROUP

MONDAY OCT 2022

3RD OCT



Labour Day
Public Holiday
Closed

10TH OCT



WELCOME EVERYONE
TO THE NEW
SENIORS GROUP

17TH OCT



OUTING
SAUSAGE SIZZLE AT THE BEACH
BRING A HAT

24TH OCT



Halloween
Witches + Ghosts + Goblins
Wicked Foods
Horrible Prizes + Games

31ST OCT



Mushroom Day
This Fungi ain't no Vegetable
Mushroom Gardening + Types
Mushroom Food + Recipes

More
than just
a meal

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

☎ 6492 4146

admin@bvmow.org.au