



Meals on Wheels Bega Valley

Bega Seniors Social Group Wednesday March 2023

1st March 2023



World Pig Day

Everything Porky
Famous Pigs of the World
Famous Swine Recipes
Pig Songs and Fairy Tales and Horror Stories

8th March 2023



Multicultural Food Day

Celebrating Cultural Diversity
International Fruit Tasting
Flags from around the World
Pasta + Sushi + Spring Rolls + Dim Sims + Pizza

15th March 2023



St Patrick's Day

Irish Stew + Green Tea + Lime Cake
Fairy and Folk Tales of Ireland
Wear Green and Green Hat
Irish Limericks and Quizzes

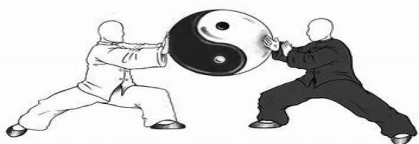
22nd March 2023



Tathra Outing

The Wharf + Headland + Beach
Mogareeka + Kianinny
Lunch at the Bowlo

29th March 2023



Tai Chi

Meditation in Motion
Ancient Chinese Exercise
Ancient Chinese Food

More
than just
a meal

Toussaint Activity Centre Bega
101 – 103 Bega Street in Bega
Monday 10am - 2pm

We can arrange Transport

☎ 6492 4146

✉ socialsupportcoordinator@bvmow.org.au