



**Meals on Wheels**  
Bega Valley

## SAPPHIRE SENIORS GROUP

### WEDNESDAY OCT 2022

5TH OCT



#### **Mushroom Day**

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

12TH OCT



#### **Visit the Pioneer Museum**

Morning Tea + Yarn Spinning  
Beef Stew + Damper + Gum Leaves  
Pioneer Trivia Quiz + Photographs

19TH OCT



#### **OUTING**

**SAUSAGE SIZZLE AT THE  
BEACH BRING A HAT**

26TH OCT



#### **Halloween**

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

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](mailto:admin@bvmow.org.au)