

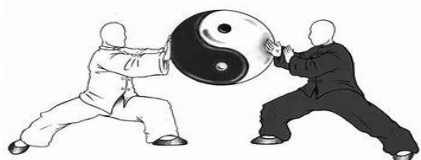


Meals on Wheels Bega Valley

Pambula Seniors Social Group

Monday March 2023

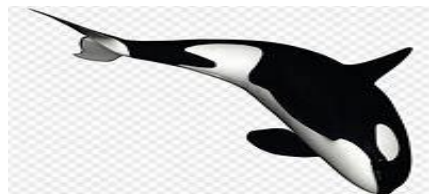
6th March



☯ Tai Chi ☯

Meditation in Motion
Ancient Chinese Exercise
Ancient Chinese Food

13th March 2023



☯ Outing to Eden ☯

Snug Cove + Aslings Beach
Killer Whales + Sharks + Seals
Aussie BBQ + Snacks

20th March 2023



☯ Dairy Month ☯

Cow Tipping + Bull Catching
Milk Yogurt Cheese Cream Butter
Cowboy Games + Cowgirl Puzzles

27th March 2023



☯ Balls ☯

Bowling Tennis Basket Cricket Bocce Soccer
Round Food Feast
Famous Ball Stories + Tales



Pambula CWA

1/24 Toallo Street

Monday 10am - 2pm

We can arrange Transport

☎ 6492 4146

✉ socialsupportcoordinator@bvmow.org.au