

Fortnightly Monday Shopping Bus

Plan your groceries or other shopping around the Monday Shopping Bus and access our affordable transport. Shopping starts with morning tea with the Monday Club at the Out & About Cottage. Then the bus will take you up the street to shop locally, and bring you back for lunch with the MONDAY CLUB.

Cost: as per MONDAY CLUB program and transport

“ I have company in my life. ”

Out & About client



Self Portrait by Corey Stewart, NDIS Participant

Eurobodalla Meals on Wheels acknowledge the people of the Yuin Nation, the first custodians of the land on which we operate our services.

Eurobodalla Meals on Wheels

Phone: (02) 4474 4464 or (02) 4474 4366

Email: admin@eurobodallamealsonwheels.com

Out & About Cottage is at 2/20 Heradale Pde, Batemans Bay. For more information please contact **Out & About Phone:** (02) 4472 4240

Email: outandabout@eurobodallamealsonwheels.com.au

www.eurobodallamealsonwheels.com.au



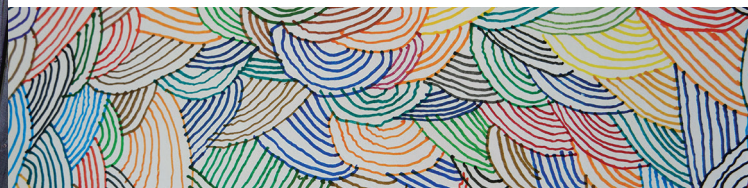
Supported by the Australian Government Department of Health. Although funding has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

Accredited against the Commonwealth Home Care Standards

Registered NDIS provider number: 405 000 7455



The Landscape of the Eurobodalla by Corey Stewart



Out & About

More
than just
a meal



Accessing the Community

Our volunteers love to share a cuppa and a chat, help you or you and a small group of your friends with shopping, or we can go for a walk or lunch together.

Let us know your social support needs, and we will be there for you.

Older people, NDIS participants and their unpaid carers can also join us at any of our organised activities happening every week – because Meals on Wheels is more than just a meal.

We welcome all Aboriginal and Torres Strait Islanders to our services.



Monday Club

Activities, quizzes, games, laughter and fun!

Our Monday Club is designed especially for people with complex support needs.

Time 10.00am - 2.00pm

Location Out & About Cottage

Cost \$12.00 includes morning tea & lunch

Transport available \$6.00



“ I get to go out and meet people. ”

Out & About client

Lunch about on Tuesdays

Explore the tastes and sights of our beautiful region in the company of others! You tell us where you'd like to go and we'll help organise. We don't go straight to the lunch venue, we do some exploring on the way.

Cost \$12.00 includes morning tea

Buy your own lunch

“ It reduces my social isolation. ”

Café Club on Wednesdays

Join us for group directed social activities. You help decide the program and we provide lunch. It's a day in the middle of the week we all look forward to!

Time 10.30am - 1.30pm

Location Out & About Cottage

Cost \$12.00 includes morning tea & lunch

Transport available \$6.00

“ It is good for mum, it gets her out. ”

Out & About client

Thursday Group

Make new friends, share games, laughter, activities and most importantly, have FUN!

We have special themes for occasion days like Australia Day or the Melbourne Cup, or just because you request it. All welcome!

Time 10.00am - 2.30pm

Location Out & About Cottage

Cost \$12.00 includes morning tea & lunch

Transport available \$6.00