

ANOTHER YEAR DRAWS to a CLOSE – in one way or another, 2016 has been an eventful year for us all.

No doubt 2017 will present us with new challenges, new acquaintances, new lessons, new adventures and new opportunities to grow emotionally, mentally and spiritually. Look forward with anticipation rather than backwards with regret.

“Year”'s end is neither an end nor a beginning but a going on, with all the wisdom that experience has instilled in us “.



CHRISTMAS CLOSURE – please note our office will be closed from Friday December 23rd 2016 until Wednesday 4th January, 2017.

MEAL OPTIONS over the holiday break – our normal Meals on Wheels delivery does not occur during the period we are closed. Clients are notified of this and given a number of options, it is worth you knowing too....we have frozen meals available for purchase – a main and dessert for only \$7.00. Dietary needs are catered for such as diabetic, gluten free, vegetarian, as long as your order is placed in advance. You may order as few or as many as you wish e.g. 2 or 20 at a time. To place your order just call our office on 325 2007.

“ So often you find that the people you are trying to inspire are the ones that end up inspiring you”.

SUPPORT groups – 2016/2017- last month we suggested you watch this space for information about new projects we are planning – some of these will commence this year; some next. There are a number of free support groups for international people (both at the University and in Lincoln township) such as a Young Mothers group, Developing a garden, Learning to Bake and Conversational English. Registrations of interest for these can be made by calling 325 2007. We are always open to other requests of support or ideas of groups to establish. Our four crocheting workshops evolved out of a comment from Nicky that she would like to learn and as a result we ended up with 25 registrations!



In addition, next February we will be delivering a project entitled **"From The Plot to the Pot"** with a number of local groups and businesses. This will involve several series of workshops and people can register for all or some, as they wish. Numbers will be limited so you can put your name on the list now by calling 325 2007.

"Without collaboration our growth is limited to our own perspectives".

At the beginning of this article we advised to look forward with anticipation – we have plenty planned for you and ourselves to get excited about in 2017.

Having a relaxing, enjoyable festive season spending time with those who are special to you. Looking forward to catching up again next year – the Lincoln Community Care Board, volunteers and staff.

