



MACASA

BULLETIN

March 2026

OFFICE

Cheltenham Community Centre
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Cheltenham SA 5014

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*"Funded by the
Australian Government
Department of Health.*

*Visit the Department of Health
website (www.health.gov.au)
for more information"*

Important Update – Change of Moving Date

We would like to inform our clients that, due to circumstances outside of our control, our move to the new premises has been **brought forward**.

As a result, our service will **close from Friday 6 March** to allow us to complete the relocation. We will reopen on **Monday 23 March** at our new location: **64 Blight Street, Ridleyton**, within the Croydon Bowling Club.

While this change has occurred sooner than originally planned, it will allow MACASA to transition smoothly and ensure everything is ready to welcome you back safely and comfortably in our new space.

Please note that the **South Luncheon at the Watermark, scheduled for 16 March** will now be cancelled and **rescheduled to 25 March**, replacing the usual Cheltenham Centre Lunch on that date.

We have included an updated planner showing the date changes.

We sincerely thank you for your patience and understanding during this transition. We are very much looking forward to welcoming you to our new Ridleyton premises and beginning this exciting new chapter together.

Warm Regards,

Madeleine Williams.

TEMPORARY CLOSURE

FROM FRIDAY 6TH TO MONDAY 23RD MARCH

2026 EVENTS

Please see below our planned events, March and April. We would love to see you at one of these upcoming events if you haven't attended before or if you're a regular we look forward to seeing you again. A copy of our full event calendar for 2026 on the next page, page 3, or it can be found on our website at www.malteseagedcare.org.au/news.

If you would like to attend any of our outings please contact the office on 8241 0266 to book your seat and if you require transport please ensure you advise the staff.

March

~~Monday 16th - South Luncheon - Watermark Hotel~~

Wednesday 25th - West Luncheon - Watermark Hotel

April

Monday 13th - North Luncheon - Grand Central

Monday 20th - South Luncheon - Watermark

Wednesday 29th - West Luncheon - Ridleyton

Do you have a mobility aid?

Please advise our staff what you have when booking your transport. We also have buses with wheelchair lifts available to our functions if you require one.



MACASA FUNCTIONS 2026

Prior booking required for all Functions, Outings & Transport must be booked through 8241 0266

	Monthly Luncheon North. Monday	Monthly Luncheon South. Monday	Monthly Luncheon West. Wednesday	Client Christmas Luncheon. Wednesday	Activity Outing/Day. Wednesday	Staff & Volunteer Christmas Function
January						
February	2nd Grand Central Tavern	9th Watermark Hotel	25th Cheltenham Comm Centre		18th - Movies	
March	2nd Grand Central Tavern	16th Cancelled	25th Watermark Hotel			
April	13th Grand Central Tavern	20th Watermark Hotel	29th MACASA - Ridleyton			
May	4th Grand Central Tavern	11th Watermark Hotel	27th MACASA - Ridleyton		20th - TBA	
June	1st Grand Central Tavern	15th Watermark Hotel	24th MACASA - Ridleyton			
July	6th Grand Central Tavern	13th Watermark Hotel	29th MACASA - Ridleyton		22nd - TBA	
August	3rd Grand Central Tavern	10th Watermark Hotel	26th MACASA - Ridleyton		19th - TBA	
September	7th Grand Central Tavern	14th Watermark Hotel	30th MACASA - Ridleyton		23rd - TBA	
October	12th Grand Central Tavern	19th Watermark Hotel	28th MACASA - Ridleyton			
November	2nd Grand Central Tavern	9th Watermark Hotel	25th MACASA - Ridleyton		18th - TBA	
December				9th MACASA - Ridleyton		Sat 12th



2025/2026 - SUMMER MENU

Ph: 8241 0266

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Pumpkin Soup (LG)(V) OR Tossed Salad w Egg & Cheese* (LG)(V)	Vegetable Soup (LG)(V) OR Sweet Potato Bacon Slice	Chicken & Veg Soup (LG) OR Tomato Cucumber & Onion Salad* (LG)(V)	Beef & Barley Soup OR Pumpkin Spinach & Feta Tarts	Sweet Potato Soup (LG)(V) OR Potato Egg & Bacon Salad* (LG)
MAIN	Lasagna OR Chicken & Leek Casserole (LG)	Roast Pork & Veg (LG) OR Potato Pie & Veg	Tuna Patties & Veg (LG) OR Meatloaf & Gravy	Lemongrass Chicken & Rice (LG) OR Beef Schnitzel & Veg	Tuna Pasta Salad* OR Light Chicken Korma & Rice (LG)
	Lemon Meringue Tart (V)	Peaches & Custard (V) LG	Fruit Salad* (LG)(V)	Scone With Jam & Cream (V)	Apple Upside Down Cake (V)
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	Tomato Soup (LG) (V) OR Beef Bacon & Cheese Pie	Sweet Potato Carrot & Bacon Soup (LG) OR Tossed Salad w Egg & Cheese* (LG)	Celery Soup (LG) (V) OR Quiche Tarts	Chicken Noodle Soup (LG) OR Curried Egg Pasta Salad* (V)	Broccoli & Cheese Soup (LG)(V) OR Curry Puff (V)
MAIN	Fish w Lemon Sauce & Veg (LG) OR Pork Sausages W Mushroom Gravy & Veg (LG)	Beef Tortellini With Tomato & Basil Sauce OR Thai Chicken Fillet & Veg (LG)	Lamb & Rosemary Pie & Veg OR Massaman Beef Curry & Rice (LG)	Roast Turkey & Veg (LG) OR Spaghetti Bolognese	Crumbed Fish w Veg OR Salad OR Ham Steak & Pineapple w Veg or Salad (LG)
DESSERT	Pears & Chocolate Mousse (V)	Fruit Salad* (LG)(V)	Lemon Raspberry Magic Cake (V)	Butterscotch Pudding & Cream (V)	Jelly & Custard (LG)(V)
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTREE	Chicken & Corn Soup (LG) OR Apple Coleslaw* (LG)(V)	Pea & Ham Soup (LG) OR Cheese & Veg Roll (V)	Sweet Potato & Ginger Soup (LG)(V) OR Tossed Salad w Egg & Cheese* (LG)	Minestrone Soup (V) OR Pumpkin Scone & Butter (V)	Carrot Soup (LG) (V) OR Asian crunchy noodle salad (V)
MAIN	Chicken Broccoli Cashew Stirfry (LG)** OR Pork Schnitzel & Veg	Roast Beef & Veg (LG) OR Marinated Chicken & Veg	Chicken Schnitzel & Veg OR Sausage & Veg Casserole (LG)	Zucchini Slice OR Chicken Cottage Pie (LG)	Baked Fish w Cherry Tomatoes w Veg or Salad (LG) OR Chicken Caesar Salad
DESSERT	Carrot Cake (V)	Chocolate Raspberry & Walnut Brownie (V)	Fruit Salad* (LG)(V)	Plum Cobbler & Cream (V)	Apricot Crumble (V)
WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ENTRÉE	Vegetable Risotti Soup (V) OR Sausage Rolls	Curried Cauliflower Soup (LG)(V) OR Green Goddess Salad* (LG)(V)	Lentil Soup (LG) (V) OR Cheese & Chive Scone & Butter(V)	Potato & Leek Soup (LG)(V) OR Tossed Salad w Egg & Cheese* (LG)	Pumpkin & Potato Soup (LG)(V) OR Caramelised Onion Tart
MAIN	Chicken Kiev & Veg OR Shepherd's Pie (LG)	Beef Meatballs With Onion Gravy & Veg (LG) OR Tuna Mornay	Baked Chicken Breast & Veg (LG) OR Beef Sausages & Veg (LG)	Roast Lamb & Veg (LG) OR Quiche & Veg	Battered Fish w Veg or Salad OR Chicken Mango Chutney Salad* (LG)
DESSERT	Baked Custard Tart (V)	Fruit Salad* (LG)(V)	Cheesecake (V)	Mango Fool (V)	Passionfruit Slice (V)

***Not available for frozen orders - (LG) Gluten Free - ** May contain traces of Gluten - *** Contains Nuts**

NAME:	
Mains	
Baked Chicken Breast & Veg	
Baked Fish w Cherry Tomatoes & Veg	
Baked Rice	
Battered Fish & Veg	
Beef Meatballs, Onion Gravy & Veg	
Beef Sausages & Veg	
Beef Schnitzel & Veg	
Beef Tortellini & Tomato, Basil Sauce	
Chicken & Leek Casserole	
Chicken Cottage Pie	
Chicken Kiev & Veg	
Chicken Schnitzel & Veg	
Chicken, Broccoli & Cashew Stirfry	
Crumbed Fish & Veg	
Fish w Lemon Sauce & Veg	
Ham Steak & Pineapple & Veg	
Lamb & Rosemary Pie & Veg	
Lasagna	
Lemongrass Chicken & Rice	
Light Chicken Korma & Rice	
Marinated Chicken & Veg	
Massaman Beef Curry & Rice	
Meatloaf & Gravy	
Pork Sausages with Mushroom Gravy & Veg	
Pork Schnitzel & Veg	
Potato Pie & Veg	
Quiche & Veg	
Roast Beef & Veg	
Roast Lamb & Veg	
Roast Pork & Veg	
Roast Turkey & Veg	
Sausage & Veg Casserole	
Shepherds Pie	
Spaghetti Bolognese	
Thai Chicken Fillet & Veg	
Tuna Mornay	
Tuna Patties & Veg	
Zucchini Slice	
Soup	
Beef & Barley Soup	
Broccoli & Cheese Soup	
Carrot Soup	
Celery Soup	
Chicken & Corn Soup	
Chicken Noodle Soup	
Chicken & Veg Soup	
Curried Cauliflower Soup	

DELIVERY <input type="checkbox"/>	PICK UP <input type="checkbox"/>	STOCKTAKE <input type="checkbox"/>	MAISY <input type="checkbox"/>
DEL DAY:		DEL DATE:	
Soup			
Lentil Soup			
Minestrone Soup			
Pea & Ham Soup			
Potato & Leek Soup			
Pumpkin & Potato Soup			
Pumpkin Soup			
Sweet Potato & Ginger Soup			
Sweet Potato Carrot & Bacon Soup			
Sweet Potato Soup			
Tomato Soup			
Vegetable Risoni Soup			
Vegetable Soup			
Entrée Alternative to Soup			
Beef, Bacon & Cheese Pie			
Caramelised Onion & Cheese Tart			
Cheese & Chive Scone + Butter			
Cheese & Veg Roll			
Curry Puff			
Pumpkin Scone + Butter			
Pumpkin Spinach & Feta Tarts			
Quiche Tarts			
Sausage Rolls			
Sweet Potato & Bacon Slice			
Dessert			
Apple Upside Down Cake			
Apricot Crumble			
Baked Custard Tart			
Butterscotch Pudding & Cream			
Carrot Cake			
Cheesecake			
Chocolate Raspberry & Walnut Brownie			
Jelly & Custard			
Lemon Meringue Tart			
Lemon Raspberry Magic Cake			
Mango Fool			
Passionfruit Slice			
Peaches & Custard			
Pears & Chocolate Mousse			
Plum Cobbler			
Scone With Jam & Cream			
Mousse - Chocolate			
Mousse - Strawberry			
Jelly			
Maltese Fruit Cake & Custard			

*** Menu Items not on Summer menu - Limited Stock

Re-assessments

We would like to remind all of our clients, that we will continue to contact you periodically to confirm your details and keep our system up to date and to ensure that you are receiving the right care that you need. As always if you would like to speak with someone face to face you can request this from our staff members when they call you and we can organise a time to perform your assessment in person. Your assessment could be completed at a function that you attend, or you could visit the office or our staff member could visit your home at a convenient time.

Each assessment should take approximately 30 minutes to complete. During the assessment we will require your My Aged Care number, Pension number and medicare number, so if you can have these documents or details available it will help to complete the process quicker.

During your assessment a care plan will be developed with you, or if one is already in place, it will be reviewed and updated if your service needs have changed.

What is a care plan? A care plan outlines a person's assessed care needs, per their My Aged Care assessment, and how the service provider will meet those needs to help them stay at home. The service provider must work with the client to prepare a care plan and make sure they understand and agree with it. The care plan must be reviewed at least once every 12 months or as the client's needs change.

This Semester our Social Work Student interns are Shuang Yang & Yubo Cai. Letters will be sent out soon for all clients that are due for their assessment. We would appreciate your prompt response to booking your assessment.



Centrepay



Services
Australia

Centrelink offer a bill paying service called Centrepay which is available to all pension recipients. Centrepay is a free and voluntary service to pay bills and expenses as regular deductions from your Centrelink payments. If you receive a pension from Centrelink and would like your MACASA account paid by Centrepay you can organise the payment deduction with Centrelink directly by calling your regular payment number, using your Centrelink online account through myGov, using the Express Plus Centrelink mobile app on your mobile device, in person at a Centrelink service centre or you can contact the MACASA office either in person or by phone. Payments can be made as regular fortnightly payments or as a one off payment. The minimum amount that can be deducted from your Centrelink pension by a Centrepay payment is \$10 per fortnight. Once your deduction has been setup Centrelink may send you a letter to advise that the deduction has been setup or you can check online.

MACASA'S Centrelink reference no is **555 117 687C** and the business name is **Maltese Aged Care Association (SA) Inc.**



Support @ Home

With the transition to Support at Home, MACASA is now required to report each client's My Aged Care number and hold a current referral for every service being delivered.

To ensure compliance with these new requirements, MACASA will be reviewing all existing My Aged Care referrals to confirm that a valid referral is in place for each service you are currently accessing.

If you are receiving a service without an active referral, you will need to contact My Aged Care to request either a referral code or an assessment. Taking this step promptly will help ensure continuity of your services and avoid any disruption to your supports.

Once you have contacted My Aged Care and you have your referral code or an assessment has been completed, MACASA will prioritise retrieving your updated referral from the My Aged Care portal so that your services can continue seamlessly.

If you require assistance with this process, please contact our office and we will be happy to support you.

WHO IS INTERESTED TO SHARE THEIR LIFE STORY



Do You Have a Story to Tell?

Last year, we had the privilege of hearing some truly remarkable stories from our MACASA clients. What stood out most was not just the extraordinary events themselves, but the courage, resilience, humour and wisdom woven through each life experience.

Many of our clients have lived through times of great change, raised families, built careers, travelled, served their communities, overcome challenges, and created meaningful lives. Yet so often we hear people say, "My life hasn't been that interesting."

The wonderful surprise is that when stories are shared, others quickly recognise just how unique, inspiring and exceptional those experiences truly are.

We would love to invite you to be part of our **MACASA Storytelling Project**.

This special project provides you with the opportunity to reflect on and share your life journey. Your story can be written as a personal keepsake for your family, or—if you feel comfortable—shared more broadly with MACASA and fellow clients. There is no pressure; you can choose what feels right for you.

Each participant will receive a professionally presented, **beautifully bound copy of their story** to keep and share with loved ones. This becomes a treasured book for children, grandchildren and future generations. Should you wish to order additional copies for family members, these can easily be arranged.

At the end of the semester, we will host a celebratory function where we warmly invite you to share your story (if you choose) with the class of students who carefully prepared it, along with other MACASA clients, staff and volunteers. It is always a heartwarming event filled with pride, connection and community spirit.

Your experiences matter. Your memories matter. Your story deserves to be heard and preserved.

If you would like to participate or learn more, please speak with our team. We would be honoured to help you tell your story.

Handy Contact Numbers



myagedcare

Ph: 1800 200 422

myagedcare.gov.au



centrelink

Older Australians: 132 300 MyGov: 132 307

People with disability & Carers: 132 717

Multilingual Service: 131 202

<https://www.servicesaustralia.gov.au/>



Government of South Australia

Department of Human Services

Independent Living Centre and Continence Resource Centre

Phone 1300 885 886 (SA and NT only) or 8266 5260



**dementia
australia**

The new voice of Alzheimer's Australia

National Dementia Helpline - Ph: 1800 100 500

Dementia Australia SA - Ph: 8372 2100

<https://www.dementia.org.au>



beyondblue
Depression, Anxiety.

Beyond Blue Support Line - Ph: 1300 22 46 36

<https://www.beyondblue.org.au>



SAPOL Attendance: Ph: 131 444

SAPOL Emergency - Ph: 000



age is simply
the number
of years
the world
has been
enjoying you!

