

## THIS WEEK'S SHOPPING LIST

FOOD BANK

- ✓ LAUNDRY PRODUCTS
- ✓ PASTA
- ✓ BREAKFAST CEREALS
- ✓ SPREADS

Donations can be dropped off at Foodbank Albany, Unit 2a, 5-7 Cockburn Road, Mondays to Thursdays from 9am to 3pm, and Fridays from 9am to 1pm.

The Weekender will also accept your donations at 107 Stead Road, Monday to Friday from 9am to 5pm.



Great Southern

# Weekender

Locally owned and operated

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THROUGHOUT ALBANY, DENMARK, MT BARKER, KATANNING, KOJONUP, CRANBROOK, KENDENUP, NARRIKUP, ROCKY GULLY, FRANKLAND, MANYPEAKS, BREMER BAY, RAVENSTHORPE AND HOPETOUN.

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## Luncheon connects generations

ALBANY Senior Citizens Centre became something of a generational mixing pot last Friday, when four kids from a nearby child-care centre dropped in for a bite to eat.

For the third time this year, children from the Albany Occasional Child Care Centre (AOCCC) dressed up in hi-vis vests and tottered down to the senior centre's dining room on Grey Street to attend a Meals on Wheels luncheon.

AOCCC educator Lyndsey Sutton said the monthly meet was an opportunity for the kids to connect with members of the community in a safe environment and learn about healthy eating, manners and respect.

"Last time we were here, one of the older ladies dubbed us junior citizens of Albany," Ms Sutton said.

"I think the older people enjoy socialising with young members of the community.

"It's been a really great excursion for us, the food is always amazing and the kids love it."

Frittatas, roast chicken, macaroni cheese, lasagne and a side of veggies were all on offer for the hungry troupe of three and four-year-olds at the recent outing.

For four-year-old June Freeborough, the chicken is always the standout.

"I like the food and I like the walk down the hill," she said.

Customer Service Coordinator at the Senior Centre Taryn Bristow said not only do the elderly attendees love seeing the kids, they



Photo: David Kavanagh

■ Margaret Smith and Elaine Simcock with Albany Occasional Child Care Centre children June Freeborough and Toby Laing.

also make sure to encourage them to eat their greens.

"There was one day they brought in about 20 kids and we had a whole table full of them, it really was great," Ms Bristow said.

"A lot of the older people are away from their families so they might not have contact with their grandkids or great grandkids as much as they'd like.

"So it's nice for the kids to come in ... it

cheers the place up and makes it that little bit brighter."

The Senior Citizen Centre's dining room is open to all members of the public.

According to Ms Bristow, the money raised during mealtime supports the centre's Meals on Wheels program, which for more than 60 years has been delivering anywhere between 50 to 100 meals a day to the aged and infirm around Albany.

— David Kavanagh

# Flu vaccine shortage

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