

Take a look at what's on this month and join in the fun!

MILPARA SOCIAL CALENDAR

We can pick you up and drop you back at home in a comfy, air-conditioned NovaCoach.

Day Trips from just \$10 plus expenses, **Special Events** and **Milpara Activities**.

For more information or bookings, please call us or email milpara@novacare.org.au

BOOK NOW: 4963 6356 or 1300 363 654

Monday 30 Oct Cycling Without Age Or Morning Tea at Honeysuckle Lunch at The Squires Maiden	Tuesday 31 Oct DAY TRIP Sculptures in the Vineyards Lunch at Mulla Villa Book by 24 October	Wednesday 1 Nov MILPARA Handy Hens Craft Group Or Belmont 16fts Concert and lunch	Thursday 2 Nov SPECIAL EVENT Imagine Cruises Dolphin & Whale Watch BBQ Lunch Limited numbers \$65 Book and pay by 26 October	Friday 3 Nov MILPARA Tai Chi / Healthy Moves Or Lunch All You Can Eat Cardiff RSL
Monday 6 Nov DAY TRIP Karuah BBQ Lunch	Tuesday 7 Nov SPECIAL EVENT Melbourne Cup at Milpara Sweeps, Best Dressed \$15 incl. transport & lunch Cycling Without Age	Wednesday 8 Nov MILPARA Handy Hens Craft Group And / Or Strength.Balance.Relax 11am \$5 Or Belmont 16fts Concert & Lunch	Thursday 9 Nov DAY TRIP Morning Tea at Raymond Terrace Lunch at Tomago Bowling Club Or Strength.Balance At Newcastle Leagues Club	Friday 10 Nov DAY TRIP Tai Chi / Healthy Moves Or Morning Tea at Black Swan Bay Lunch at Belmont Golf Club
Monday 13 Nov DAY TRIP Morning Tea at Morpeth Lunch at Victoria Hotel, Hinton	Tuesday 14 Nov DAY TRIP Mystery Tour - always a great adventure with Ken	Wednesday 15 Nov MILPARA Handy Hens Craft Group And / Or Strength.Balance.Relax Or Belmont 16fts Concert & Lunch	Thursday 16 Nov Cycling Without Age Morning Tea At Honeysuckle Lunch at The Honeysuckle Hotel Or Strength.Balance At Newcastle Leagues Club	Friday 17 Nov MILPARA Tai Chi / Healthy Moves Or Morning Tea at Stockton Lunch at The Wicko
Monday 20 Nov DAY TRIP Morning Tea at Wangi Point Lunch at Wangi Workers Club	Tuesday 21 Nov MILPARA Morning Tea at Milpara BBQ Lunch Concert: Disciples of Fun	Wednesday 22 Nov MILPARA Handy Hens Craft Group And / Or Strength.Balance.Relax Or Belmont 16fts Concert and lunch	Thursday 23 Nov DAY TRIP Edogawa Japanese Gardens, Gosford Lunch at Gosford RSL Or Strength.Balance At Newcastle Leagues Club	Friday 24 Nov MILPARA Tai Chi / Healthy Moves And / Or Cycling Without Age Or Morning Tea at Ash Island Lunch at Hexham Bowling Club
Monday 27 Nov DAY TRIP Morning Tea at Fraser Beach Lunch at Summerland Point	Tuesday 28 Nov DAY TRIP Ken Duncan Gallery Lunch at Sanctuary Café Book by 21 November	Wednesday 29 Nov MILPARA Handy Hens Craft Group And / Or Strength.Balance.Relax Or Belmont 16fts Concert & Lunch	Thursday 30 Nov DAY TRIP Brunch at Birubi Beach	Friday 1 Dec MILPARA Tai Chi / Healthy Moves Or Morning Tea and Lunch at destinations to be advised

Save the Dates!

NovaCare will be hosting a number of celebrations in November and December and we would not like anyone to miss out! See what's on.

7 Nov - Melbourne Cup at Milpara



Melbourne Cup is only weeks away, hope your hats are ready!

Amanda will be hosting a Chicken and Champagne luncheon at Milpara on Tuesday 7 November. Join the fun of fashions on the fields, and of course the sweeps. We will be watching the race on the big screen. Luncheon is \$15.00 which includes transport.

7 Dec - Christmas at the Cottage

Our Ailsa Craig Cottage guests will host their Christmas celebration on Thursday 7 December. All family and friends are welcome. Michelle from In Tune will provide the entertainment.

Family and friends who attend are asked to make a \$5.00 donation.

14 Dec - Christmas Party at Valentine

NovaCare Christmas fun is on again and all our family and friends are welcome! This year's celebration is on Thursday 14 December at Valentine Bowling Club. We will be entertained by none other than the man himself - Elvis! Not to mention Santa.

Tickets are \$25.00 and transport can be arranged at an additional cost. Look out for your invitation or call and book yourself in now.

15 Dec - Christmas Party in Port Stephens

Our Port Stephens clients are invited to join the NovaCare staff to celebrate Christmas on Friday 15 December at Port Stephens Bowling Club. We will share a delicious lunch and the wonderful view!

Cost for this event is \$25.00. Transport can be arranged at an additional cost.



Just an early reminder: Ailsa Craig Cottage and Milpara will be closed from Friday 22 December 2017 and reopen on Monday 8 January 2018 with a full range of outings and activities to start the New Year.

Kitchen Corner

Zucchini and Ham Slice

This baked savoury slice is very nice served with a tossed salad or eaten on its own as a snack.

Prep: 10 minutes | Cook: 30 minutes | Serves: 6

Ingredients

- 1 medium zucchini, grated
- 1 medium onion, finely diced
- 4-5 slices ham, diced
- 5 eggs, lightly beaten
- 1 cup (125g) grated cheese
- 1 cup (125g) self raising flour
- 1/2 cup vegetable oil
- salt and pepper to taste



Method

Step 1: Preheat oven to 180 degrees C. Grease a medium sized casserole dish. Mix together zucchini, onion, ham and cheese. Add flour, oil and eggs and season to taste.

Step 2: Bake for 30-40 minutes or until golden brown.