

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

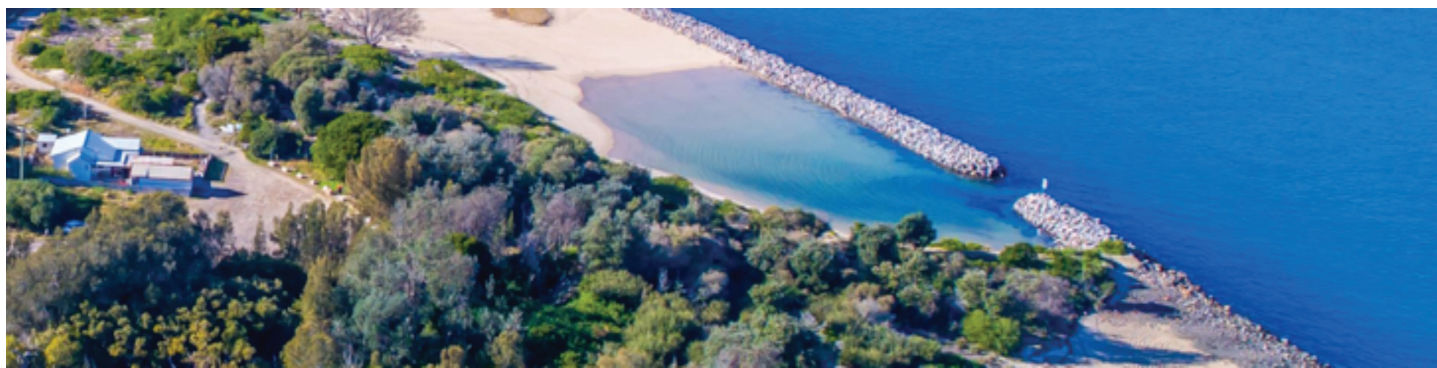
January 2018

Monday 1 Jan	Tuesday 2 Jan	Wednesday 3 Jan	Thursday 4 Jan	Friday 5 Jan
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Monday 8 Jan	Tuesday 9 Jan	Wednesday 10 Jan	Thursday 11 Jan	Friday 12 Jan
DAY TRIP Morning Tea at Dixon Park Lunch: The Mary Ellen	DAY TRIP Morning Tea at Catherine Hill Bay Scenic Drive Lunch: Shelley Beach Golf Club	MILPARA Handy Hens Craft Group Or Belmont 16 Footers Concert and Lunch	DAY TRIP Medowie Macadamia Farm Tour and Lunch	MILPARA Tai Chi / Healthy Moves Or Morning Tea At Black Swan Bay Lunch: Pelican RSL
Monday 15 Jan	Tuesday 16 Jan	Wednesday 17 Jan	Thursday 18 Jan	Friday 19 Jan
DAY TRIP Scenic Walk Grannies Pool Blacksmiths Lunch: Lake Macquarie Yacht Club	DAY TRIP Scenic Drive Alison Homestead Wyang Morning Tea & Tour \$10 Lunch: TBA	MILPARA Handy Hens Craft Group And / Or Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch	DAY TRIP Movies Hoyts Charlestown Lunch: Mattara Hotel Or Scenic Drive and Lunch	MILPARA Tai Chi / Healthy Moves Or Morning Tea at Raymond Terrace Lunch: Tomago Sports Club
Monday 22 Jan	Tuesday 23 Jan	Wednesday 24 Jan	Thursday 25 Jan	Friday 26 Jan
SPECIAL EVENT Lake Macquarie Cruise Book by 12 Jan Morning tea, transport and cruise Lunch: Valentine Bowling Club \$67 all incl.	DAY TRIP Scenic Drive BBQ Lunch	MILPARA Handy Hens Craft Group Or Belmont 16 Footers Concert and Lunch	DAY TRIP Morning Tea at Morpeth Lunch: Bushrangers Brasserie Largs	CLOSED Australia Day Public Holiday
Monday 29 Jan	Tuesday 30 Jan	Wednesday 31 Jan	Thursday 1 Feb	Friday 2 Feb
DAY TRIP Morning Tea at Grahamstown Dam Lunch: Heatherbrae Pies	DAY TRIP The Elephant Shop at Cooranbong Scenic Drive Lunch: TBA	MILPARA Handy Hens Craft Group And / Or Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch	DAY TRIP Swansea RSL Concert and Lunch	MILPARA Tai Chi / Healthy Moves Or Scenic Drive Lunch: Kurri Kurri Bowling Club



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Lake Macquarie Cruise

Monday 22 January

We have secured a unique experience with *Cruiseability* in Lake Macquarie. Feel the sunshine on your face and the wind in your hair, and see Lake Macquarie as never before, out on the water. We know you will want to go as much as we do so book by 12 January!

Blacksmith Granny Pool

Monday 15 January

Do you remember your holidays on the shores of Lake Mac? Take a stroll down memory lane along this once popular swimming spot and enjoy the ever changing turquoise water of the channel. Restored to its former glory, the 300m breakwater path provides a beautiful experience.

Alison Homestead Wyong

Tuesday 16 January

Ken and June invite you to join us on this outing to Alison Homestead. Also known as the Wyong and District Museum and Historical Society, it houses memorabilia, photos, furniture, and toys from Wyong's early days. Enjoy the beautiful gardens, a relaxing morning tea and delicious lunch.



Sit and Sew with June

Do you have busy fingers? Why not join our new group starting in February.

Enjoy morning tea, chatting and creating.



News

Happy New Year! Welcome back we have a lot of great activities planned this year.

If there's something you would like to do or somewhere you would like to go, let us know.

We can help you make it happen.

Kitchen Corner

Baked Honey Mustard Chicken Breast

Easy, delicious, low-carb and healthy meal for two.

Ingredients

- 2 chicken breasts
- 1 tbsp Dijon mustard
- 1 tbsp wholegrain mustard
- 1 tbsp honey
- salt and pepper to taste
- 1/4 tsp paprika
- juice from 1/2 lemon
- 1/2 tbsp oil (or butter)
- broccoli or other vegies to serve

Method

1. Preheat oven to 200 degrees Celsius.
2. Grease oven-proof dish with oil or butter, place chicken in dish.
3. Season well with salt, pepper and paprika.
4. In a small bowl, combine both mustards and honey.
5. Pour mixture over chicken and bake 30-45 minutes, depending on size of the chicken breasts.
6. If needed, add 1-2 tbsp water to pan if edges are drying out.
7. When cooked through, add a squeeze of lemon juice and serve with greens.

