

March  
2018

# What's On

**NovaCare**  
Live your way

## 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](mailto:milpara@novacare.org.au)

**BOOK NOW**  
**4963 6356**  
or **1300 363 654**

### March 2018

Monday 26 Feb	Tuesday 27 Feb	Wednesday 28 Feb	Thursday 1 March	Friday 2 March
<b>DAY TRIP</b> Morning Tea at Morpeth Lunch: Victoria Hotel Hinton	<b>SPECIAL EVENT</b> Cruise Port Stephens Soldiers Point Lunch: BBQ \$45 incl. cruise, BBQ, transport Book by 19 Feb	<b>MILPARA</b> Handy Hens Craft Group And / Or Strength. Balance.Relax and Food Critic's Luncheon <b>Or</b> Belmont 16 Footers Concert and Lunch	<b>MILPARA</b> Sit and Sew With June <b>Or</b> <b>DAY TRIP</b> Swansea RSL Concert and Lunch	<b>MILPARA</b> Tai Chi / Heartmoves <b>Or</b> Morning Tea at Walka Waterworks Lunch: The Queens Arm Hotel
Monday 5 March	Tuesday 6 March	Wednesday 7 March	Thursday 8 March	Friday 9 March
<b>DAY TRIP</b> Morning Tea at Lions Park, Eleebana Rocky Point Lookout Lunch: Edgeworth Tavern	<b>SPECIAL EVENT</b> Ken's Mystery Lunch \$\$ Book by 2nd March <b>Or</b> Scenic Drive Lunch: Warners Bay Bowling Club	<b>MILPARA</b> Handy Hens Craft Group And / Or Strength. Balance.Relax Cycling Without Age Honeysuckle <b>Or</b> Belmont 16 Footers Concert and Lunch	<b>DAY TRIP</b> Milpara's Shopping Bus Book by 5 March <b>Or</b> Gan Gan Lookout Lunch: Soldiers Point Bowling Club	<b>MILPARA</b> Tai Chi / Heartmoves <b>Or</b> Kangaroos at Morrisset Lunch: Wangi Workers Club
Monday 12 March	Tuesday 13 March	Wednesday 14 March	Thursday 15 March	Friday 16 March
<b>DAY TRIP</b> Morning Tea at Jacinta's Lunch: Tea Gardens Hotel	<b>DAY TRIP</b> Morning Tea at Swansea Heads Lunch: Swansea Workers Club \$14.50 All You Can Eat	<b>MILPARA</b> Handy Hens Craft Group And / Or Strength. Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch	<b>SPECIAL EVENT</b> Lady Kendall Cruise Brisbane Waters Morning tea, transport & buffet lunch \$58 First pick up 7.00am Book by 12 March	<b>MILPARA</b> Tai Chi / Heartmoves <b>Or</b> Morning Tea Chinaman's Hollow Lunch: Kurri Kurri Bowling Club
Monday 19 March	Tuesday 20 March	Wednesday 21 March	Thursday 22 March	Friday 23 March
<b>SPECIAL EVENT</b> Hunter Valley Zoo \$37.50 Entry, lunch, transport Book by 14 March	<b>MILPARA</b> Morning Tea at Milpara Cycling Without Age BBQ Lunch	<b>MILPARA</b> Handy Hens Craft Group And / Or Strength. Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch And / Or <b>SPECIAL EVENT</b> Kurri Kurri TAFE (Dinner) 3 course meal / transport \$35 - Book by 14 March	<b>DAY TRIP</b> Milpara's Shopping Bus <b>Or</b> Sit and Sew With June <b>Or</b> Fish & Chips at Budgewoi	<b>MILPARA</b> Tai Chi / Heartmoves <b>Or</b> Morning Tea at Newcastle Flower Markets <b>Or</b> Scenic Drive Lunch: The Crossing Café
Monday 26 March	Tuesday 27 March	Wednesday 28 March	Thursday 29 March	Friday 30 March
<b>DAY TRIP</b> Scenic Drive Lovedale Binnorie Dairy Cheese Tastings Lovedale Brewery <b>Or</b> Morning Tea at Dixon Park Lunch: The Queens Wharf Hotel	<b>MOVIES</b> Hoyts Charlestown Lunch: TBD <b>Or</b> Morning Tea at Raymond Terrace Lunch: Tomago Sports Club	<b>MILPARA</b> Handy Hens Craft Group And / Or Strength. Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch	<b>DAY TRIP</b> Gosford Classic Car Museum Lunch: Gosford RSL Book by 26th March <b>Or</b> Morning Tea at Green Point Lunch: Valentine Bowling Club	<b>Good Friday</b> Public Holiday CLOSED



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# Celebrating 25 years with Cottage reopening and a special award.

Happy birthday to us – 25 years young! We celebrated with the February reopening of our beautifully renovated Ailsa Craig Respite Cottage (thank you Newcastle Permanent Charitable Foundation). The afternoon Soiree was enjoyed by many including past and present staff, clients, board members and others! Yummy food and drinks, music and a prestigious award made it a wonderful occasion.



Our 'Better Practice Commendation Award'.



Renovations include a large rear deck and sensory garden.

Our 'Better Practice Commendation Award' was personally presented by the Australian Aged Care Quality Agency's NSW/ACT Assistant Director, Gill Jones, who said that ours was one of only 38 were awarded nationally in 2017. NovaCare CEO, Joseph McCarthy paid tribute to the whole NovaCare team and was thrilled that this great award follows straight on from NSW/ACT Aged & Community Services naming NovaCare Organisation of the Year in their State Awards for Excellence in 2016 and again in 2017. Congratulations everyone!

Our resident poet Brenda Bryant wrote this special poem after attending the Ailsa Craig Cottage Soiree on 8 February.

*Just an ordinary house in an ordinary street,  
But such a brief description would be, quite incomplete.  
For, inside, is a comfortable home for all to share,  
Inhabited by Carers who were truly born to care.*

*The welcome is the warmest, the refreshments sure to please,  
And the furnishings encourage everyone to take their ease.  
And should circumstances cause you to require a longer stay,  
The bedrooms are delightful, home-from-home both night and day.*

*The garden, specially designed, is reachable by all,  
And when it comes to entertainment guests all have a ball.*

*There are concerts, there are table games and if they're not your thing,  
You can doze off in a corner and snore like anything!*

*So, should life get on top of you, as a cared-for or a carer.*

*Turn your thoughts to NovaCare, our local life-repairer,  
And state your case quite plainly, don't be shy and don't be vague,  
Make it known to everyone ... you need time at Ailsa Craig.*



L-R Gill Jones, Brenda, Joseph with the award and Margaret.



Newcastle Permanent Charitable Foundation Chair, Phil Neat congratulates NovaCare CEO Joseph McCarthy.



Enjoying the deck.

## Join us!

### Milpara Shopping Bus – Commencing Thursday 8 March

Don't miss the bus, come shopping with us! Milpara is excited to be offering a shopping bus twice a month. Seats are limited so give us a call.