

May  
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**

### May 2018

Monday 30 April	Tuesday 1 May	Wednesday 2 May	Thursday 3 May	Friday 4 May
<p><b>BRUNCH</b> Lee Rowan's Gardenworld Warners Bay <b>Or</b> Morning Tea at Blackbutt Lunch: The General Roberts New Lambton</p>	<p><b>MILPARA</b> Strength.Balance.Relax Mystery Lunch <b>Or</b> Belmont 16 Footers Concert and Lunch</p>	<p><b>MILPARA</b> Strength.Balance.Relax then Mystery Lunch <b>Or</b> Belmont 16 Footers Concert and Lunch</p>	<p><b>MILPARA</b> Sit &amp; Sew And/or Handy Hens Craft Group <b>Or</b> Hunter Valley Zoo</p>	<p><b>MILPARA</b> Tai Chi / Healthy Moves <b>Or</b> Newcastle Flower Market <b>Or</b> Cardiff RSL All You Can Eat</p>
Monday 7 April	Tuesday 8 May	Wednesday 9 May	Thursday 10 May	Friday 11 May
<p><b>DAY TRIP</b> Cycling Without Age Nobby's BBQ Lunch</p>	<p><b>SPECIAL EVENT</b> Scone Horse Festival Morning Tea, lunch, tour, transport. Belltrees Country House Book by 1 May - \$62</p>	<p><b>MILPARA</b> Strength.Balance.Relax then Mystery Lunch <b>Or</b> Belmont 16 Ft's Concert &amp; Lunch</p>	<p><b>SPECIAL EVENT</b> Buttai Barn Mother's Day Luncheon 2 course meal, m/t, entertainment and transport. Book by May - \$53</p>	<p><b>MILPARA</b> Tai Chi / Healthy Moves <b>Or</b> Scenic Drive Lunch: Bushrangers Bar &amp; Brasserie</p>
Monday 14 May	Tuesday 15 May	Wednesday 16 May	Thursday 17 May	Friday 18 May
<p><b>DAY TRIP</b> Morning Tea Marmon Point Scenic Drive Lunch: Toronto Hotel</p>	<p><b>DAY TRIP</b> Cycling Without Age Nobby's BBQ Lunch <b>Or</b> Gardening Club</p>	<p><b>MILPARA</b> Strength.Balance.Relax then Mystery Lunch <b>Or</b> Belmont 16 Footers Concert and Lunch</p>	<p><b>MILPARA</b> Sit &amp; Sew And/or Handy Hens Craft Group <b>Or</b> Scenic Drive Lunch: Pie in the Sky Cowan</p>	<p><b>MILPARA</b> Tai Chi / Healthy Moves <b>Or</b> Morning Tea at Pelican Lunch: Valentine Bowling Club</p>
Monday 21 May	Tuesday 22 May	Wednesday 23 May	Thursday 24 May	Friday 25 May
<p><b>DAY TRIP</b> Lake Macquarie Art Gallery Lunch: Awaba House <b>Or</b> Morning Tea at Blackbutt Lunch: The Mark Hotel</p>	<p><b>DAY TRIP</b> Holbert's Oyster Farm Port Stephen's Produce Trail <b>Or</b> Morning Tea at Eleebana Lunch: Warners Bay Sports Club</p>	<p><b>MILPARA</b> Strength.Balance.Relax then Mystery Lunch <b>Or</b> Belmont 16 Footers Concert and Lunch</p>	<p><b>DAY TRIP</b> Movies at Hoyts Charlestown <b>Or</b> Scenic Drive Lunch: Mattara Hotel</p>	<p><b>MILPARA</b> Tai Chi / Healthy Moves <b>Or</b> Scenic Drive Fingal Bay</p>
Monday 28 May	Tuesday 29 May	Wednesday 30 May	Thursday 31 May	Friday 1 June
<p><b>DAY TRIP</b> Gourmet BBQ with Ken</p>	<p><b>DAY TRIP</b> Mulla Villa Wollombi Tour, lunch, transport Book by 22 May - \$43</p>	<p><b>MILPARA</b> Strength.Balance.Relax then Mystery Lunch <b>Or</b> Belmont 16 Footers Concert and Lunch</p>	<p><b>MILPARA</b> Sit &amp; Sew And/or Handy Hens Craft Group Lunch: Souths Merewether <b>Or</b> Men's Outing</p>	



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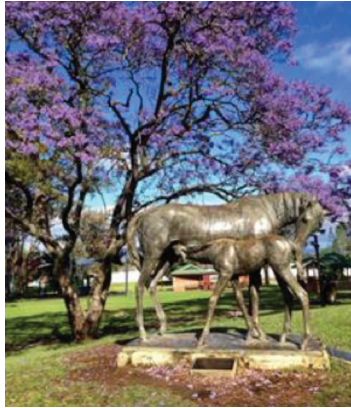
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# Book Now!

## Scone Horse Festival

Tuesday 8 May

Scone Horse Festival celebrates the Horse Capital of Australia. Drive through the prestigious thoroughbred horse studs and enjoy a visit to the spectacular Belltree Homestead.



If you love everything equine, the rolling hills and stands of white box and yellow box gums tree join us for this full day picturesque tour.

We will share morning tea, lunch and a tour at historic Belltree Homestead. Join us on Tuesday 8 May.



## Mother's Day Luncheon

Thursday 10 May

We will celebrate Mother's Day with a luncheon and entertainment at Buttai Barn on Thursday 10 May.

Kent Daniel will delight us with a wonderful selection of songs while we enjoy a Devonshire tea before a delicious 2 course lunch, all Mum's will receive a gift!

Places are limited so please book early.

## News

### Seniors week wrap up. What a week we have had!

Seniors week 2018 was jam packed with activities and events and we all enjoyed our very first join activity day with our Swansea friends.

We all walked away from the fashion parade ready for the winter weather.

Our day in the park was bathed in sunshine, scrumptious food and great company.

Our pilots pedal their way around the park sharing this wonderful experience with our NovaCare elders. We look forward to the bikes hitting the road again next month from Nobby's beach.

*Right: We had our first trip to Sydney, visiting Government House and enjoyed a picnic at Botanical Gardens.*



## Kitchen Corner

### 5 - ingredient Chicken Piccata

#### Ingredients

- 3 Chicken Breast Fillets (about 250g each), halved horizontally
- 100g butter, chopped
- 1/4 cup (50g) drained baby capers
- 3 lemons, zested, juiced
- 1/2 cup coarsely chopped at-leaf parsley



#### Method

- 1). Place a chicken fillets between 2 sheets of plastic wrap. Use a meat mallet or rolling pin to gently pound until 1.5cm thick. Repeat with the remaining chicken. Season well.
  - 2). Heat 10g butter in a large non-stick frying pan over high heat. Cook the chicken, in 2 batches, for 2 mins each side or until golden brown and just cooked through. Transfer to a plate and cover with foil. Reduce heat to medium.
  - 3). Add remaining butter to the pan. Cook, stirring, for 2-3 mins or until butter melts and is golden brown. Step 4 Add capers and cook for 1 min or until crisp. Add lemon juice and half the lemon zest. Swirl to combine. Return chicken and any juices to the pan. Cook, turning occasionally, for 2 mins or until chicken is cooked through and sauce thickens slightly. Sprinkle with parsley. Gently shake the pan. Remove from heat.
- Serve the chicken sprinkled with remaining lemon zest.