

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

September 2018

Mon 3 Sept	Tues 4 Sept	Wed 5 Sept.	Thurs 6 Sept	Fri 7 Sept
Ageless Grace Or Scenic Drive Bimbadeen Lookout Lunch: Bellbird Hotel	SPECIAL EVENT Lady Kendall Cruise Brisbane Waters \$58 includes lunch, cruise, morning tea & transport	MILPARA Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch	Sketchley Cottage Museum Raymond Terrace Tour, lunch & transport \$25	MILPARA Tai Chi / Healthy Moves Or East Maitland Bowling Club Billabongs Restaurant All You Can Eat
Mon 10 Sept	Tues 11 Sept	Wed 12 Sept	Thurs 13 Sept	Fri 14 Sept
The World of Illustration By Gwynneth Jones And Art in the Park BBQ Lunch Or Scenic Drive Anzac Walk	DAY TRIP Hunter Valley Gardens Spring Festival of Flowers morning tea, lunch, train Book by 4 September \$45	MILPARA Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch	Newcastle Art Gallery Guided Tour Kilgour Prize And/or Cycling Without Age	MILPARA Tai Chi / Healthy Moves Or Morning Tea at Speers Point Lunch: Belmont Golf Club
Mon 17 Sept	Tues 18 Sept	Wed 19 Sept	Thurs 20 Sept	Fri 21 Sept
Holey Moley Golf Max Brenner Chocolate Café Lunch: Your Choice Or Morning Tea at Catherine Hill Bay Lake Munmorah National Park Lunch: Wallarah Sports Club	Scenic Drive The Watagans Kangaroos at Morrisset Lunch: Wangi Workers Club	MILPARA Strength.Balance.Relax And/or Cycling Without Age Or Belmont 16 Footers Concert and Lunch	MILPARA Sit and Sew with June Handy Hens Craft Group Or Westpac Rescue Helicopter Tour & Lunch	MILPARA Tai Chi / Healthy Moves Or Morning Tea at Raymond Terrace King Street Confectionery Lunch: Tomago Sports Club
Mon 24 Sept	Tues 25 Sept	Wed 26 Sept	Thurs 27 Sept	Fri 28 Sept
Ageless Grace Or Cycling Without Age Or Morning Tea at Bluegums Park Lunch: Edgeworth Tavern	DAY TRIP Morning Tea at Lunch: Victoria Hotel Hinton	MILPARA Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch	Dave & Gai's Mystery Tour Or Movies at Hoyts Charlestown	MILPARA Tai Chi / Healthy Moves Or Morning Tea at Eleebana Lunch: Warners Bay Sports Club



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Health HINT

Cold and Flu season is upon us! How can we keep ourselves and those around us safe?

Good cough and sneeze etiquette involves taking steps to minimise the likelihood that someone else will catch your cold or flu when you cough or sneeze. There are many simple measures you can take.

1. Cover your mouth and nose every time you cough or sneeze. Use a disposable tissue to cover your mouth or nose if possible.
2. If a cough or sneeze sneaks up on you and no tissue is available, cough or sneeze into your upper sleeve. This prevents your hands becoming contaminated with cold or flu viruses.
3. Dispose of single-use tissues immediately after you cough or sneeze. Try to ensure a waste bin is available so that tissues can be disposed of (e.g. if you're in bed with the flu, put a bin beside your bed so you don't have to get up to throw your contaminated tissues away).



Cover your cough.



Wash your hands.



Avoid touching your nose or mouth.



If you're sick, avoid public places.

If there is no bin, use a plastic bag to store contaminated tissues until a bin is available.

4. Ensure your hands are hygienically cleaned. Wash your hands with soap and water for at least 15-20 seconds every time you cough or sneeze.
5. Avoid close contact with others. If you need to go to busy places, avoid close contact with others, for example by not shaking hands and standing at least one metre away.

BOOK NOW!

Hunter Valley Gardens

Tuesday 11 September

Come and join us to view the Hunter Valley Gardens and Pokolbin Village and a BBQ Lunch

Lady Kendall Cruise

Tuesday 4 September

Come and cruise the Brisbane Waters with a delicious buffet lunch on board.

Westpac Rescue Helicopter

Thursday 20 September

A tour of the helicopter base, talk and delicious lunch.



It's amazing who you meet at Milpara. Reg, Laurie & Jack all worked at Stewarts and Lloyds around the same time.