

## 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**

### October 2018

Mon 1 Oct	Tues 2 Oct	Wed 3 Oct	Thurs 4 Oct	Fri 5 Oct
<b>LABOR DAY PUBLIC HOLIDAY CLOSED</b>	<b>MILPARA</b> Fashion Parade Clearance Sale with Chris All clothes \$5 High Tea	<b>MILPARA</b> Strength.Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch	<b>MILPARA</b> Sit & Sew with June Handy Hens Craft Group <b>Or</b> Swansea Workers All You can Eat	<b>MILPARA</b> Tai Chi / Healthy Moves <b>Or</b> Scenic Drive Morning Tea at Eleebana Lunch: Valentine Bowling Club
Mon 8 Oct	Tues 9 Oct	Wed 10 Oct	Thurs 11 Oct	Fri 12 Oct
<b>MILPARA</b> Strength.Balance.Relax <b>Or</b> Loop the Lake Scenic Drive Lunch: TBC	Intergenerational Day Move & Groove Silent Disco Cycling Without Age Nobbys Beach	<b>MILPARA</b> As per Wed 3 Oct <b>Special Event - Evening</b> The Rat Pack from Vegas Show New Lambton Wests 8pm show tix \$49	Inner City Winemakers Wine & Cheese Tasting <b>Or</b> Scenic Drive Anzac Walk Lunch: Wests City	<b>MILPARA</b> Tai Chi / Healthy Moves <b>Or</b> Morning Tea at Raymond Terrace King St. Confectionery Lunch: Raymond Terrace Bowling Club
Mon 15 Oct	Tues 16 Oct	Wed 17 Oct	Thurs 18 Oct	Fri 19 Oct
<b>MILPARA</b> Strength.Balance.Relax <b>Or</b> Move & Groove Silent Disco Cycling WithOut Age Scenic Drive Long Jetty	<b>DAY TRIP</b> Mystery Tour \$\$	<b>MILPARA</b> Strength.Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch	<b>DAY TRIP</b> Ferry to Tea Gardens Lunch: Tea Gardens Hotel Scenic Drive home	<b>MILPARA</b> Tai Chi / Healthy Moves <b>Or</b> Morning Tea at Stockton Lunch: Tomago Sports Club <b>Special Event - Evening</b> Newkulele Festival Concert: At Newcastle City Hall Concert & transport \$55 Dinner extra Book by 5 October
Mon 22 Oct	Tues 23 Oct	Wed 24 Oct	Thurs 25 Oct	Fri 26 Oct
<b>MILPARA</b> Move & Groove Silent Disco <b>And / Or</b> Strength.Balance.Relax <b>Or</b> Morning Tea at Dixon Park Lunch: Queens Wharf Hotel	<b>DAY TRIP</b> Scenic Drive Chichester Dam Dungog	<b>MILPARA</b> Strength.Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch	<b>DAY TRIP</b> Walkabout Wildlife Park Calga \$40 Incl. transport, lunch, entry	<b>MILPARA</b> Tai Chi / Healthy Moves <b>Or</b> Fish & Chips <b>Or</b> Budgewoi Bingo at West's Mayfield
Mon 29 Oct	Tues 30	Wed 31 Oct		
Move & Groove Silent Disco <b>And / Or</b> Strength.Balance.Relax <b>Or</b> Scenic Drive BBQ at Karuah Fishing / Oysters	<b>DAY TRIP</b> Brunch Outing Lakehouse Café Murrays beach <b>Or</b> Inner Lighthouse Café Fingal Bay	<b>MILPARA</b> Strength.Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch		



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## Newkulele Festival Concert at Newcastle City Hall

Friday 19 October

It's Newcastle's own Festival of the Uke presenting some amazing ukulele performers and groups from across Australia and around the world and it kicks off with this amazing concert in our iconic Town Hall. Don't miss this great evening with concert and transport, plus dinner as well if you choose. [Book by 5 October.](#)



# NEW!

## Moove and Groove at Milpara

Using silent disco technology, this awesome musical and movement experience is inspiring and fun. It caters for all levels of fitness and mobility so come and get your groove on!

# Save the DATE!

NovaCare's Client Christmas Party

Thursday 6 December

Belmont Golf Club

[More details in the November Calendar](#)

# Kitchen Corner

## Cinnamon Scrolls

### Ingredients

#### Dough

- 2 cups plain flour
- 2 teaspoons caster sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/ & 1/4 cups thickened cream

#### Filling

- 1 tablespoon unsalted butter, melted
- 2 tablespoons brown sugar
- 2 teaspoons ground cinnamon

#### Icing

- 1/2 cup icing sugar
- 1 tablespoon milk

### Method

1. Preheat oven to 180C.
2. Place flour, sugar, baking powder and salt into a bowl.
3. Add the cream and stir until just combined.
4. Lightly flour bench space.
5. Knead dough on floured surface until smooth (approx 30 seconds).
6. Roll the dough into a 20cm x 30cm rectangle.
7. Combine brown sugar and cinnamon into a small bowl.
8. Brush dough with melted butter.
9. Sprinkle the sugar mixture evenly over dough.
10. Roll from longest side to form a scroll.
11. Cut into 8 equal slices.
12. Place each slice into a baking dish, flatten slightly.
13. Bake for 20-25 minutes or until golden.
14. Place on wire rack while you are making the icing.
15. In a small bowl whisk the icing sugar and milk.
16. Pour the icing over the scrolls.
17. Serve warm.

