

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

MAY 2019

Monday 29 April	Tuesday 30 April	Wednesday 1 May	Thursday 2 May	Friday 3 May
Ken Duncan Gallery Lunch: The Sanctuary Café	Scenic Drive Dungog	Australia's Biggest Morning Tea Be Connected And/or Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch	Morning Tea at Medowie Macadamia Farm Cole Bros Oysters Picnic at Karuah Or Be Connected	Tai Chi / Healthy Moves Or Heart Week Walk Newcastle Or Inner Light Tea Rooms Fingal Bay
Monday 6 May	Tuesday 7 May	Wednesday 8 May	Thursday 9 May	Friday 10 May
Edogawa Japanese Gardens Art Gallery Lunch: Gosford RSL	Coast XP Cruise Book by Fri 3 May \$50 Or Scenic Drive Lunch: The Grand Hotel	Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch	Morning Tea at King Edward Park Newcastle Museum Lunch: The Mary Ellen	Tai Chi / Healthy Moves Or Morning Tea at Swansea Heads Lunch: Belmont Golf Club And/or Special Dinner Event Macedonian Feast \$20 Book by 8 May
Monday 13 May	Tuesday 14 May	Wednesday 15 May	Thursday 16 May	Friday 17 May
Sit and Sew with June And/or Be Connected Or Maitland Gaol Tour By Ex Prison Guard /Inmate \$30 incl. transport, morning tea and entry Lunch: The Windsor Castle Hotel Book by 6 May	June's Mystery Tour	Be Connected And/or Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch	Camel Farm BBQ Lunch Muswellbrook Book by 14 May	Tai Chi / Healthy Moves Or Wyong Milk Factory including Luka Chocolates Udderly Sweet Lollies and Gelato Little Creek Cheese
Monday 20 May	Tuesday 21 May	Wednesday 22 May	Thursday 23 May	Friday 24 May
Scenic Drive The Watagan's	IGA New Lambton and Lambton Park Tea Rooms Cycling Without Age Or Morning Tea at Milpara Lunch: Merewether Bowling Club	Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch	Scenic Drive Clarencetown Or Sit and Sew with June And/or Be Connected	Tai Chi / Healthy Moves Or Sydney Symphony Orchestra At Newcastle Town Hall \$12 Lunch: TBA Book by 10 May Or Scenic Drive Lunch: Warners Bay Sports Club
Monday 27 May	Tuesday 28 May	Wednesday 29 May	Thursday 30 May	Friday 31 May
Hunter Wetlands Centre Morning Tea at Spoonbill Café BBQ Lunch	East Maitland Bowling Club All You Can Eat Or Scenic Drive Wyeec Point	Be Connected And/or Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch	Be Connected And/or Sit and Sew with June And/or Newcastle Flower Market Or Hunter Valley Day Trip	Tai Chi / Healthy Moves Or Morning Tea at Blue Gums Park Lunch: The Lemon Grove

Take a look at what's on this month and join in the fun! SWANSEA SOCIAL CALENDAR

For information or bookings, please call us on **4972 1318** or **1300 363 654** or email support@novacare.org.au

MAY 2019

Monday 29 April	Tuesday 30 April	Wednesday 1 May	Thursday 2 May	Friday 3 May
Wellness Or Shopping Bus Or Ken Duncan Gallery Erina Heights Lunch: The Sanctuary Café	Activity Day (500) Or Shopping Bus Or Scenic Drive Dungog or Moving Well	Fit and Fab Or Concert Belmont 16 Footers Or Men's Group Valentine Bowling Club	Shopping Bus (500) Or Redhead Social Group Wye Nursery Or Swansea RSL Concert Limited Numbers \$26 incl. transport, concert and lunch	On The Road Again Or Maitland Art Gallery
Monday 6 May	Tuesday 7 May	Wednesday 8 May	Thursday 9 May	Friday 10 May
Coffee Club Or Wellness	Shopping (craft) Or Craft Corner Or Activity Day Or Moving Well	Fit and Fab Or Concert Belmont 16 Footers	Shopping Bus (craft) Or Redhead Shopping Or Newcastle Museum	Art Class Swansea Hall (free) Or Millers at Weston shopping Trip
Monday 13 May	Tuesday 14 May	Wednesday 15 May	Thursday 16 May	Friday 17 May
Wellness Or Shopping Bus Or Maitland Gaol Under Lock and Key Tour Transport, Morning Tea and Entry \$30 Lunch: Windsor Castle Hotel	Shopping Bus (500) Or Craft Corner Or Activity Day Or Moving Well	Fit and Fab Or Concert Belmont 16 Footers Or Men's Group at Blackbutt Hotel	Shopping Bus (500) Or Redhead Social Or Muswellbrook Camel Farm	Chicks at the Flicks
Monday 20 May	Tuesday 21 May	Wednesday 22 May	Thursday 23 May	Friday 24 May
Wellness Or Coffee Club	Shopping (craft) Or Craft Corner Or Activity Day Or Moving Well	Fit and Fab Or Concert Belmont 16 Footers	Shopping (craft) Or Redhead Shopping Or Walka Water Works BBQ lunch	Art Class Swansea Hall (free) Or Mystery Tour
Monday 27 May	Tuesday 28 May	Wednesday 29 May	Thursday 30 May	Friday 31 May
Wellness Or Shopping (500)	Shopping (500) Or Craft Corner Or Activity Day Or Moving Well	Fit and Fab Or Concert Belmont 16 Footers Or Men's Group at Toronto Workers club	Shopping (500) Or Redhead Social Or Newcastle ANZAC Memorial walk Lunch: Beaches Hotel	Newcastle Tram Ride Lunch: West's Mayfield

Australia's Biggest Morning Tea

Wednesday 1 May - Gold Coin donation

CoastXP

Tuesday 7 May

Experience the breathtaking coastal scenery of Newcastle, with pods of resident dolphins, seabirds, turtles and other marine life. The tour focuses closely on key landmarks, local geology, marine life, and Aboriginal heritage.



Maitland Gaol Tour

Tuesday 9 May

Come and join us for a guided tour by an ex prisoner or prison guard. \$30 includes transport, morning tea.



Macedonian Feast at the cottage

Friday 10 May - \$20 plus \$10 transport. From 5pm.
CHSP Coordinator Dianne is bringing us this delicious feast.

Piercefield Camel Farm

Thursday 16 May
- Back by popular demand

These camels were saved from slaughter and are now living on a hillside heaven in the Hunter Valley, NSW.



Sydney Symphony Orchestra

Friday 24 May
- At Newcastle Town Hall, seats are limited so book early!



Swansea Group at Wangi.

Be CONNECTED

Be Connected is an Australia wide initiative empowering all Australians to thrive in a digital world. We have classes which offer support so you can develop your digital skills and confidence.

Come to one of our Be Connected classes and learn how to access NovaCare's new app.



Health HINTS

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



Cover your cough.



Wash your hands.



Avoid touching your nose or mouth.



If you're sick, avoid public places.

with the flu, put a bin beside your bed so you don't have to get up to throw your contaminated tissues away).

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.