

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**

## AUGUST 2019

Monday 29 July	Tuesday 30 July	Wednesday 31 July	Thursday 1 August	Friday 2 August
Scenic Drive Snapper Rocks Whale Watch Crackneck Lookout Lunch: Shelley Beach Golf Club	Grossman & Brough House Tour with morning tea \$15 Lunch: The Windsor Castle Hotel	Strength.Balance.Relax <b>And / Or</b> Be Connected <b>Or</b> Belmont 16 Footers Concert and Lunch	Sit & Sew with June <b>Or</b> Scenic Drive Fragrant Garden Distillery Botanica	Tai Chi / Healthy Moves <b>Or</b> Lemon Tree Passage Bowling Club
Monday 5 August	Tuesday 6 August	Wednesday 7 August	Thursday 8 August	Friday 9 August
Breakfast Outing Tinto Espresso Scenic Drive <b>Or</b> Morning Tea at Eleebana Lunch: Valentine Bowling Club	Morning Tea at Clarence Town Scenic Drive Gloucester <b>Or</b> Lunch: The Bradford Hotel Rutherford	Strength.Balance.Relax <b>And / Or</b> Be Connected <b>Or</b> Belmont 16 Footers Concert and Lunch	Broken Bay Pearl Farm Tour \$75 incl. Cruise <b>Or</b> Morning Tea at Morpeth Lunch: Hinton Hotel	Tai Chi / Healthy Moves <b>Or</b> Scenic Drive Lunch: The Neath Hotel
Monday 12 August	Tuesday 13 August	Wednesday 14 August	Thursday 15 August	Friday 16 August
Mystery Tour	Cycling Without Age <b>And</b> Scenic Drive BBQ Long Jetty	Be Connected <b>And / Or</b> Strength.Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch <b>And / Or</b> Beauty & the Beast at the Civic Theatre \$57. Dinner: TBA Book by 7 August	Sit & Sew with June <b>Or</b> Millers Pie Shop Argenton	Tai Chi / Healthy Moves <b>Or</b> Newcastle Food & Wine Expo at the Entertainment Centre Book by 9 August <b>Or</b> Morning Tea at Raymond Terrace Lunch: Medowie Macadamia Farm
Monday 19 August	Tuesday 20 August	Wednesday 21 August	Thursday 22 August	Friday 23 August
Irukandji Shark & Ray Centre \$27 Lunch: BBQ	Hunter Valley Zoo \$37.50 Incl. transport, entry, and lunch	Be Connected <b>And / Or</b> Strength.Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch	Morning Tea at Warners Bay Walk on the Esplanade Lunch: Warners Bay Hotel	Tai Chi / Healthy Moves <b>Or</b> Morning Tea at Murrays Beach Lunch: Pelican RSL <b>Or</b> <b>Special Dinner Event</b> Portuguese Feast at Ailsa Craig Cottage \$20 + \$10 transport Book by 19 August
Monday 26 August	Tuesday 27 August	Wednesday 28 August	Thursday 29 August	Friday 30 August
Scenic Drive Prawns & Oysters at Karuah	Ettalong to Palm Beach Ferry Lunch: Palm Beach Book by 13 August	Be Connected <b>And / Or</b> Strength.Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch	Sit and Sew with June <b>Or</b> Morning Tea at Maitland Art Gallery Lunch: The Queens Arms	Tai Chi / Healthy Moves <b>Or</b> Scenic Drive Lunch: Paterson Tavern



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[www.facebook.com/NovaCareCommunityServices](https://www.facebook.com/NovaCareCommunityServices)

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

### AUGUST 2019

<b>Monday 29 July</b> Wellness Class <b>Or</b> Coffee Club	<b>Tuesday 30 July</b> Shopping Bus (craft) <b>Or</b> Activity Day <b>Or</b> Moving Well	<b>Wednesday 31 July</b> Fit and Fab with Charmaine <b>Or</b> Concert Belmont 16 Footers	<b>Thursday 1 August</b> Shopping Bus (craft) <b>Or</b> Redhead Shopping <b>Or</b> Swansea RSL concert	<b>Friday 2 August</b> On the road again <b>Or</b> Mystery Tour
<b>Monday 5 August</b> Wellness Class <b>Or</b> Shopping Bus	<b>Tuesday 6 August</b> Shopping Bus (500) <b>Or</b> Activity Day <b>Or</b> 500 Club	<b>Wednesday 7 August</b> Fit and Fab with Charmaine <b>Or</b> Men's Group	<b>Thursday 8 August</b> Shopping Bus (500) <b>Or</b> Redhead Social Outing <b>Or</b> Social Outing Alison Homestead transport and entry \$15 lunch extra	<b>Friday 9 August</b> Social Outing Tea Gardens tour and lunch
<b>Monday 12 August</b> Wellness Class <b>Or</b> Coffee Club	<b>Tuesday 13 August</b> Shopping Bus (craft) <b>Or</b> Activity Day	<b>Wednesday 14 August</b> Fit and Fab with Charmaine	<b>Thursday 15 August</b> Shopping Bus (craft) <b>Or</b> Redhead Shopping <b>Or</b> Social Outing Blackbutt Reserve	<b>Friday 16 August</b> Social Outing Gosford Reptile Park \$39 entry and transport Lunch extra
<b>Monday 19 August</b> Wellness Class <b>Or</b> Shopping Bus (500)	<b>Tuesday 20 August</b> Shopping Bus (500) <b>Or</b> Activity Day <b>Or</b> 500 Club	<b>Wednesday 21 August</b> Fit and Fab with Charmaine <b>Or</b> Men's Group	<b>Thursday 22 August</b> Shopping Bus (500) <b>Or</b> Redhead Social Outing <b>Or</b> Social Outing Mt. Penang Gardens	<b>Friday 23 August</b> Chicks at the Flicks
<b>Monday 26 August</b> Wellness Class <b>Or</b> Coffee Club	<b>Tuesday 27 August</b> Shopping Bus (craft) <b>Or</b> Activity Day	<b>Wednesday 28 August</b> Fit and Fab with Charmaine	<b>Thursday 29 August</b> Shopping Bus (craft) <b>Or</b> Redhead Shopping <b>Or</b> Social Outing Toronto Yacht Club	<b>Friday 30 August</b> Social Outing Infantry Museum Lone Pine Barracks Singleton Transport and entry \$15 Lunch extra

### Follow us on Facebook.

See the outings and please share the stories with your friends. We think more people should have fun like we do!

[www.facebook.com/NovaCareCommunityServices](http://www.facebook.com/NovaCareCommunityServices)





## Portuguese Feast at Ailsa Craig Cottage

**Special Dinner Event Friday 23 August**

We've had Filipino and Macedonian Feasts, now it's Portuguese, brought to you by Rosa (at left). These international culinary events have proved hugely popular, so book now!



## Broken Bay Pearl Farm Tour

**Thursday 8 August - with Milpara**

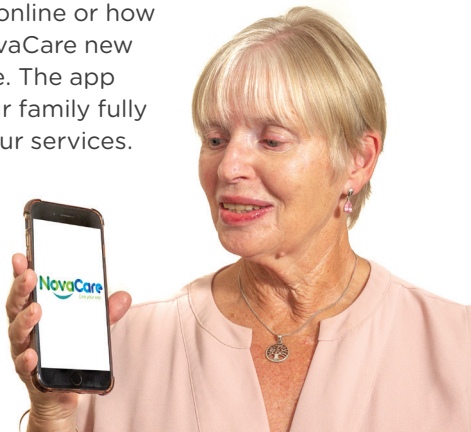
Did you know that the world's most lustrous and rare Akoya pearls are grown in the Central Coast, just 1 hour north of Sydney? Hop on board for a fabulous day.



## Be Connected Classes at Milpara

**Every Wednesday during August.**

Here's a great way to become familiar with technology. Learn how to keep in touch with family via Skype, send an email, pay bills online or how to use the new NovaCare new app on your phone. The app keeps you and your family fully connected with your services.



## Swansea Exercise Classes

**Wellness Class - Monday 9.30am -10.30am**

**Fit and Fab with Charmaine - Wednesday 8.30 - 9.30am**

Each Monday and Wednesday, Charmaine leads fun classes for you to do at your own pace - on your feet or in your seat. So don't be shy, join us!



## Swansea Day Trips

There's so much on this month including a trip to historic Alison Homestead at Wyong or drive north to idyllic Tea Gardens.

