

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

October 2019

Monday 30 Sept	Tuesday 1 Oct	Wednesday 2 Oct	Thursday 3 Oct	Friday 4 Oct
Hunter Valley Day Trip Hunter Distillery Peter Drayton Winery Ironbark Hill Brewhouse	Cycling Without Age Lake Munmorah And / Or Scenic Drive Snapper Rocks Lunch: Wallarah Rec Club	Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch Or Men's Group	Morning Tea at Stockton Lunch: Commercial Hotel Morpeth	Lake Macquarie Cruise Gourmet BBQ Transport, Lunch, Cruise \$64 Book by 1 October Or Tai Chi / Healthy Moves
Monday 7 Oct	Tuesday 8 Oct	Wednesday 9 Oct	Thursday 10 Oct	Friday 11 Oct
CLOSED PUBLIC HOLIDAY	Hillview Herb Farm Gloucester Transport, tour, lunch \$32	Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch	Scenic Drive Port Stephens Lunch: BBQ at Corlette	Tai Chi / Healthy Moves Or Scenic Drive Lunch: Tea Gardens Hotel
Monday 14 Oct	Tuesday 15 Oct	Wednesday 16 Oct	Thursday 17 Oct	Friday 18 Oct
Mystery Tour	Dobell House Tour and Morning Tea \$16 Lunch: Wangi Workers Club	Be Connected Get Online Week High Tea and BBQ Lunch And / Or Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch Or Men's Group	Newcastle Harbour Morning Tea Cruise BBQ Lunch \$49 For Carer's Week	Tai Chi / Healthy Moves Or Movies Lunch: Mattara Hotel Or Morning Tea at Eleebana Lunch: Valentine Bowling Club And Italian Feast Evening
Monday 21 Oct	Tuesday 22 Oct	Wednesday 23 Oct	Thursday 24 Oct	Friday 25 Oct
Edogawa Japanese Gardens Gosford Art Gallery Lunch: Gosford RSL	Scenic Drive Mangrove Creek Dam BBQ Lunch	Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch	Scenic Drive Singleton Army Barracks Lunch: Singleton Diggers	Tai Chi / Healthy Moves Or Inner Light Tea Rooms Fingal Bay
Monday 28 Oct	Tuesday 29 Oct	Wednesday 30 Oct	Thursday 31 Oct	Friday 1 Nov
Scenic Drive Hunter Belle Cheese Tasting and Lunch Pukara Estate	Intergenerational Playgroup Or Scenic Drive Cycling Without Age Lunch: Queen's Wharf Hotel	Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch Or Men's Group Or Special Event Mamma Mia! At the Civic Theatre \$89 inc transport	Scenic Drive Lunch: Toronto Yacht Club And / Or Sunset BBQ	Hunter Valley Zoo \$37.50 Transport, entry, lunch Or Tai Chi / Healthy Moves
Monday 4 Nov	Tuesday 5 Nov	Wednesday 6 Nov	Thursday 7 Nov	Friday 8 Nov
Mystery Tour	Melbourne Cup Sweeps Fashion on the Field Games Cycling Without Age Concert: John Collins	Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch	Tour of Margin's Mushrooms Lunch: Fisherman's Wharf Woy Woy	Morning Tea at Morpeth Lunch: The Windsor Castle Hotel Or Tai Chi / Healthy Moves

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

October 2019

Monday 30 Sept	Tuesday 1 Oct	Wednesday 2 Oct	Thursday 3 Oct	Friday 4 Oct
Wellness And / Or Hunter Distillery Peter Drayton Winery Ironbark Hill Brewhouse BBQ Lunch Or Shopping Bus	Shopping Bus Or Cycling Without Age Lake Munmorah Or Silent Disco Swansea Hall	Fit & Fab Or Men's Group	Shopping Bus Or Morning Tea at Stockton Lunch: Commercial Hotel Morpeth Or Redhead Social	On the Road Again Or Lake Macquarie Cruise Gourmet BBQ Trans., Lunch, Cruise \$64 Book by 1st October Or Art Class with Lyn
Monday 7 Oct	Tuesday 8 Oct	Wednesday 9 Oct	Thursday 10 Oct	Friday 11 Oct
CLOSED PUBLIC HOLIDAY	Shopping Bus Or Concert: Norma & Norm Fox Lunch: Swansea Hall Or Hillview Herb Farm Strawberry Picking Gloucester Trans., tour, lunch \$32	Fit & Fab Or Men's Group	Shopping Bus Or Redhead Shopping Or Scenic Drive Port Stephens Lunch: BBQ at Corlette	Scenic Drive Lunch: Tea Gardens Hotel
Monday 14 Oct	Tuesday 15 Oct	Wednesday 16 Oct	Thursday 17 Oct	Friday 18 Oct
Wellness Or Shopping Bus Or Mystery Tour	Shopping Bus Or Get Online Week Be Connected BBQ Silent Disco at Swansea Hall	Fit & Fab Or Men's Group	Shopping Bus Or Newcastle Harbour Morning Tea Cruise BBQ, Lunch \$49 For Carer's Week Or Redhead Social	Movies Lunch: Mattara Hotel Or Art Class with Lyn Or Morning Tea at Eleebana Lunch: Valentine Bowling Club
Monday 21 Oct	Tuesday 22 Oct	Wednesday 23 Oct	Thursday 24 Oct	Friday 25 Oct
Wellness Or Coffee Club Or Edogawa Japanese Gardens Gosford Art Gallery	Shopping Bus Or Silent Disco Swansea Hall Or Scenic Drive Mangrove Creek Dam BBQ Lunch	Fit & Fab Or Cycling Without Age	Shopping Bus Or Redhead Shopping Or Scenic Drive Lunch: Toronto Yacht Club	Inner Lighthouse Tea Rooms Fingal Bay
Monday 28 Oct	Tuesday 29 Oct	Wednesday 30 Oct	Thursday 31 Oct	Friday 1 Nov
Wellness Or Shopping Bus Or Hunter Belle Cheese Tasting and Lunch Pukara Estate	Shopping Bus Or Swansea Hall Or Intergenerational Playgroup	Fit & Fab Or Men's Group Or Special Event Mamma Mia! At the Civic Theatre \$89 incl. transport	Shopping Bus Or Redhead Social Or Scenic Drive Lunch: Toronto Yacht Club	Hunter Valley Zoo \$37.50 Transport, entry, lunch Or Art Class with Lyn
Monday 4 Nov	Tuesday 5 Nov	Wednesday 6 Nov	Thursday 7 Nov	Friday 8 Nov
Wellness Or Coffee club	Melbourne Cup Sweeps Fashions on the field Games Concert: John Collins Cycling Without Age Or Shopping Bus	Fit & Fab	Shopping Bus Or Redhead Shopping Bus Or Mystery Tour	Morning Tea at Snapper Rocks Lunch: The Wallarah Rec Club Or On the Road Again

Charter of Aged Care Rights:

NovaCare is legally required to help you, as an aged care consumer, to understand your rights under the new Charter. We have enclosed a copy of the Charter in this envelope for you to read and understand. As providers, NovaCare is required to sign it and to give you the option of signing it. This is in addition to your aged care agreement for services.

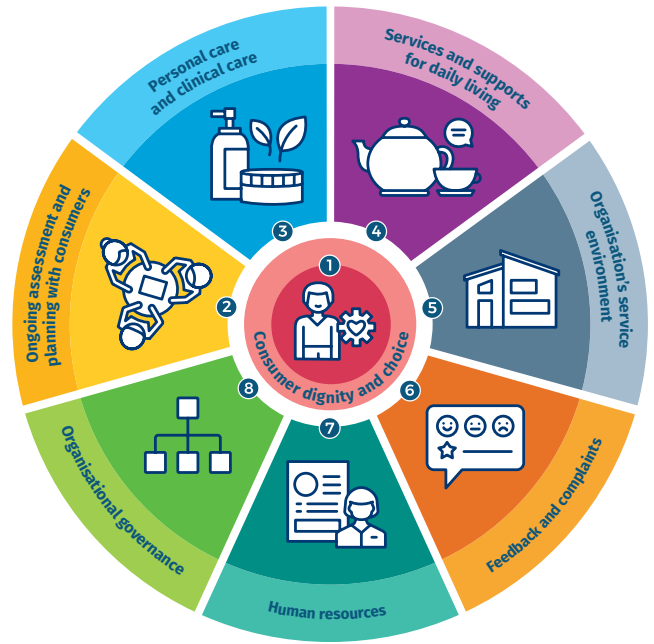
By signing the Charter, you acknowledge that you have received it, been assisted to understand it if necessary and that you understand your rights. Please know that you do not have to sign the Charter. You will continue to receive your care and services even if you do not sign it.

It is a good idea to share this information with your family, friends or others involved in your care. If you have any questions regarding the charter please **call the office on 1300 363 654** and a Coordinator will help you with it.

Updating your details with My Aged Care

It is very important that your client information on My Aged Care is up to date so that any communication is received in a timely manner. Please call **My Aged Care on 1800 200 422** if any of your personal details change, this includes:

- Moving to a new address or change of postal details
- Changing any part of your name
- If you need to add or remove a representative
- If you exit care or someone you represent passes away.



National Carers WEEK

13-19 October

National Carers Week is about recognising and celebrating the outstanding contribution unpaid carers make to our nation. Anyone at any time can become a carer. So thank you to all the magnificent carers in our community!



Get Online WEEK

14-20 October

Bringing digital skills and know-how to everyone. Helping people with limited understanding make the most of technology and the internet. In conjunction with **Get Online Week** join Year 7 and 8 High School students from the 1-3 October who will record your life stories, create and perform music and even show you a little about technology.

Come for fun and try one new thing online!

