

## 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**

### November 2019

Mon 28 Oct	Tues 29 Oct	Wed 30 Oct	Thurs 31 Oct	Fri 1 Nov
Mystery Tour	Melbourne Cup Sweeps Fashion on the Field Games Cycling Without Age Concert: John Collins	Strength.Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch	Tour of Margin's Mushrooms Lunch: Fisherman's Wharf Woy Woy	<b>HUNTER VALLEY ZOO</b> \$37.50 Transport, entry, lunch <b>Or</b> Tai Chi / Healthy Moves
Mon 4 Nov	Tues 5 Nov	Wed 6 Nov	Thurs 7 Nov	Fri 8 Nov
Scenic Drive Fish & Chips Avoca Beach	<b>MELBOURNE CUP SWEEPS</b> Fashion on the Field Games Cycling Without Age Art Class Concert: John Collins <b>Or</b> Scenic Drive BBQ	Strength.Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch <b>Or</b> Morning Tea and Movies	Tour of Margin's Mushrooms Lunch: Fisherman's Wharf Woy Woy Movies Hoyts Charlestown	Morning Tea at Morpeth Lunch: Tomago Sports Club <b>Or</b> Tai Chi / Healthy Moves
Mon 11 Nov	Tues 12 Nov	Wed 13 Nov	Thurs 14 Nov	Fri 15 Nov
Anzac Walk Lunch: Queens Wharf Hotel	Morning Tea at Aero Pelican Scenic Drive Lunch: Valentine Bowling Club	Strength.Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch <b>Or</b> Men's Group	Sit and Sew with June <b>Or</b> Norah Head Light House Lunch: TBA	Shopping trip to Miller's at Weston Lunch: Weston Workers Club <b>Or</b> Tai Chi / Healthy Moves <b>Or</b> Scenic Drive Lunch: Salina Belmont
Mon 18 Nov	Tues 19 Nov	Wed 20 Nov	Thurs 21 Nov	Fri 22 Nov
IKEA Rhodes <b>Or</b> Morning Tea at Dixon Park Lunch: The Mary Ellen	Morning Tea at Bamboo Buddha Holgate Lunch: TBA <b>Or</b> Intergenerational Playgroup at Cooks Hill Pre School	Strength.Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch <b>Or</b> Morning Tea & Movies Hoyts Charlestown	Scenic Drive Lunch: Linga Longa Inn Gundy	Tai Chi / Healthy Moves <b>Or</b> Adamstown Pudding Factory Tour Lunch: The Gates Hotel
Mon 25 Nov	Tues 26 Nov	Wed 27 Nov	Thurs 28 Nov	Fri 29 Nov
Scenic Drive Swinging Bridge Cooranbong Lunch: TBA	<b>WALKABOUT WILDLIFE PARK CALGA</b> \$42.50 incl. trans, morning tea, lunch, entry	Strength.Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch <b>Or</b> Men's Group	Sit and Sew with June <b>Or</b> Fort Scratchley Tour	Tai Chi / Healthy Moves <b>Or</b> Mystery Tour

## 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)

### November 2019

Mon 28 Oct	Tues 29 Oct	Wed 30 Oct	Thurs 31 Oct	Fri 1 Nov
Wellness <b>Or</b> Shopping Bus <b>Or</b> Hunter Belle Cheese Tasting and Lunch Pukara Estate	Shopping Bus <b>Or</b> Swansea Hall <b>Or</b> Intergenerational Playgroup	Fit & Fab <b>Or</b> Men's Group <b>Or</b> Special Event Mamma Mia! At the Civic Theatre \$89 incl. transport	Shopping Bus <b>Or</b> Redhead Social <b>Or</b> Scenic Drive Lunch: Toronto Yacht Club	<b>HUNTER VALLEY ZOO</b> \$37.50 Transport, entry, lunch <b>Or</b> Strength.Balance.Relax @ the Hall 12.30pm - 1.15pm \$5
Mon 4 Nov	Tues 5 Nov	Wed 6 Nov	Thurs 7 Nov	Fri 8 Nov
Wellness <b>Or</b> Coffee Club <b>Or</b> Scenic Drive Fish & Chips Avoca Beach	<b>MELBOURNE CUP SWEEPS</b> Fashions on the field Games Concert: John Collins Cycling Without Age Art Class <b>Or</b> Shopping Bus	Fit & Fab <b>Or</b> Morning Tea & Movies Hoyts Charlestown	Shopping Bus <b>Or</b> Redhead Shopping Bus <b>Or</b> Swansea RSL Concert & Lunch <b>Or</b> Tour of Margin's Mushrooms Lunch: Fisherman's Wharf Woy Woy	Morning Tea at Snapper Rocks Lunch: The Wallarah Rec Club <b>Or</b> Strength.Balance.Relax at the Hall 12.30pm - 1.15pm \$5
Mon 11 Nov	Tues 12 Nov	Wed 13 Nov	Thurs 14 Nov	Fri 15 Nov
Wellness <b>Or</b> Anzac Walk Lunch: Queens Wharf Hotel <b>Or</b> Shopping Bus	Swansea Hall <b>And/or</b> Cards <b>Or</b> Morning Tea at Aero Pelican Scenic Drive Lunch: Valentine Bowling Club	Fit & Fab <b>Or</b> Men's Group	Shopping Bus <b>Or</b> Redhead Social <b>Or</b> Norah Head Light House Lunch: TBA	Shopping trip to Miller's at Weston Lunch: Weston Workers Club <b>Or</b> Strength.Balance.Relax AT Swansea Hall 12.30PM - 1.15pm \$5 Lunch: Salina Belmont
Mon 18 Nov	Tues 19 Nov	Wed 20 Nov	Thurs 21 Nov	Fri 22 Nov
Wellness <b>Or</b> Coffee club <b>Or</b> IKEA Rhodes	Swansea Hall <b>And/or</b> Art Class <b>Or</b> Morning Tea at Bamboo Buddha Holgate Lunch: TBA <b>Or</b> Intergenerational Playgroup At Cooks Hill Pre School	Fit & Fab <b>Or</b> Morning Tea & Movies Hoyts Charlestown	Shopping Bus <b>Or</b> Redhead Shopping Bus <b>Or</b> Scenic Drive Lunch: Linga Longa Inn Gundy	<b>ADAMSTOWN PUDDING FACTORY TOUR</b> Lunch: The Gates Hotel <b>Or</b> Strength.Balance.Relax @ Swansea Hall 12.30PM - 1.15pm \$5
Mon 25 Nov	Tues 26 Nov	Wed 27 Nov	Thurs 28 Nov	Fri 29 Nov
Wellness <b>Or</b> Shopping Bus <b>Or</b> Scenic Drive Swinging Bridge Cooranbong	Swansea Hall <b>And/or</b> Cards <b>Or</b> <b>WALKABOUT WILDLIFE PARK CALGA</b> \$42.50 incl. trans, morning tea, lunch, entry	Fit & Fab <b>Or</b> Men's Group	Shopping Bus <b>Or</b> Redhead Social <b>Or</b> Fort Scratchley Tour	Mystery Tour <b>Or</b> Strength.Balance.Relax at Swansea Hall 12.30pm - 1.15pm \$5

## It's Movember!

Grow a mo in November to raise awareness of men's health issues, such as prostate cancer, testicular cancer and mental health. Since 2003, Movember has funded more than 1,250 men's health projects around the world, shaking up men's health research and transforming the way health services reach and support men. Our Men's Group will celebrate Men's Health with special activities.



## Swansea phone disruptions? Call 1300 363 654.

The broadband has made its way to Swansea and a number of local businesses are experiencing disruption to their phone services, including our Swansea office. If you have difficulty getting through, call **1300 363 654** and we can transfer you to the coordinator you wish to speak with. This is not a staffing issue and we are working with service providers to rectify this issue.

## The impact of the flu season.

The Hunter is experiencing its worst flu season in decades. NovaCare, like the general community has experienced an increase in staff leave due to illness. Our message around flu remains clear, if you get sick, don't spread it - stay at home! Staying at home along with immunisation and hand hygiene are the most effective defences against flu and other common winter illnesses.



Cover your cough.



Wash your hands.



Avoid touching your nose or mouth.



If you're sick, avoid public places.

## What does this mean to you?

NovaCare's policy is to aim to cover all scheduled services in the event of sick leave and minimise any disruption. We will let you know as soon as possible if there are any time or personnel changes and provide an introduction to your replacement support worker. If you choose to cancel a service when your new assigned support worker arrives at your home, you will be invoiced for the cost of the service.

## NovaCare app.

We are currently working towards having all staff photos loaded onto the NovaCare app so you will be able to see the support workers photo before they knock on your door. This is one of the many benefits of having the NovaCare app installed on your mobile phone. If you require any assistance with the app please call and we will assist you in any way we can.



### YOUR STORY MATTERS

YOUR FAMILY MATTERS, YOUR CULTURE MATTERS,  
YOUR BRAIN MATTERS

- STEP 1**  
LOOK AFTER YOUR HEART
- STEP 2**  
KEEP YOUR BODY ACTIVE
- STEP 3**  
KEEP YOUR BRAIN THINKING
- STEP 4**  
EAT A HEALTHY DIET
- STEP 5**  
SPEND TIME WITH OTHERS

## NovaCare Wellness – Maximise Your Brain Health in 5 simple steps!

The spotlight was on brain health during September. Dementia Australia reminds us that being brain healthy is essential at any age, for living a fulfilling, healthy and long life.



## Out & About

Above: Our trip to Canberra. Below: The Men's Group.