

## 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**

### APRIL 2020

Monday 30 March	Tuesday 31 March	Wednesday 1 April	Thursday 2 April	Friday 3 April
Fashion Parade With Chris High Tea Be Connected BBQ Lunch	Blackall's Swing Band BBQ Lunch	Strength.Balance.Relax <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	Scenic Drive Lunch: TBD Limited Numbers <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	Scenic Drive Lunch: TBD Limited Numbers <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping
Monday 6 April	Tuesday 7 April	Wednesday 8 April	Thursday 9 April	Friday 10 April
Individual Home Visits <b>And/or</b> Individual Shopping	Scenic Drive Lunch: TBD Limited Numbers <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	Strength.Balance.Relax <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping <b>Or</b> Scenic Drive Lunch: TBD Limited Numbers	Sit & Sew with June <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	<b>GOOD FRIDAY CLOSED</b>
Monday 13 April	Tuesday 14 April	Wednesday 15 April	Thursday 16 April	Friday 17 April
<b>EASTER MONDAY CLOSED</b>	Scenic Drive Lunch: TBD Limited Numbers <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	Strength.Balance.Relax <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	Scenic Drive Lunch: TBD Limited Numbers <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	Scenic Drive Lunch: TBD Limited Numbers <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping
Monday 20 April	Tuesday 21 April	Wednesday 22 April	Thursday 23 April	Friday 24 April
Individual Home Visits <b>And/or</b> Individual Shopping	Scenic Drive Lunch: TBD Limited Numbers <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	Strength.Balance.Relax <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping <b>Or</b> Scenic Drive Lunch: TBD Limited Numbers	Sit & Sew with June <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	Scenic Drive Lunch: TBD Limited Numbers <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping
Monday 27 April	Tuesday 28 April	Wednesday 29 April	Thursday 30 April	Friday 1 May
Individual Home Visits <b>And/or</b> Individual Shopping	Scenic Drive Lunch: TBD Limited Numbers <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	Strength.Balance.Relax <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	Scenic Drive Lunch: TBD Limited Numbers <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	

**THESE ACTIVITIES ARE A GUIDE ONLY AND ARE SUBJECT TO CHANGE AT VERY SHORT NOTICE.**



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## 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)

### APRIL 2020

<b>Monday 30 March</b>	<b>Tuesday 31 March</b>	<b>Wednesday 1 April</b>	<b>Thursday 2 April</b>	<b>Friday 3 April</b>
Wellness <b>Or</b> Shopping Bus	Tuesday Activity Day	Fit & Fab <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	Scenic Drive Lunch: TBD Limited Numbers <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	Strength.Balance.Relax <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping
<b>Monday 6 April</b>	<b>Tuesday 7 April</b>	<b>Wednesday 8 April</b>	<b>Thursday 9 April</b>	<b>Friday 10 April</b>
Wellness <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	Individual Home Visits <b>And/or</b> Individual Shopping	Fit & Fab <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping <b>Or</b> Scenic Drive Lunch: TBD Limited Numbers	Individual Home Visits <b>And/or</b> Individual Shopping <b>Or</b> Scenic Drive Lunch: TBD Limited Numbers	<b>GOOD FRIDAY CLOSED</b>
<b>Monday 13 April</b>	<b>Tuesday 14 April</b>	<b>Wednesday 15 April</b>	<b>Thursday 16 April</b>	<b>Friday 17 April</b>
<b>EASTER MONDAY CLOSED</b>	Scenic Drive Lunch: TBD Limited Numbers <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	Fit & Fab <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	Scenic Drive Lunch: TBD Limited Numbers <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping	Strength.Balance.Relax <b>Or</b> Individual Home Visits <b>And/or</b> Individual Shopping
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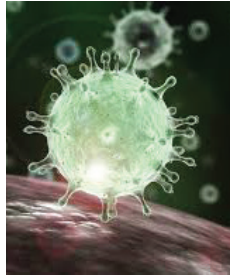


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## Coronavirus update and advice

The Coronavirus is a worldwide concern, but it is important to remember that symptoms such as fever, cough, sore throat or tiredness are most likely due to a cold or other respiratory illness. Having said that, all NovaCare staff are being vigilant, using personal protection and infection control measures.



## Washing your hands is the best way to protect yourself and others

Frequent hand washing can stop germs and viruses from spreading and is a known preventative for COVID-19 and influenza.

- Scrub wet hands with soap for at least 20 seconds (hum the “Happy Birthday” song twice)
- Rinse well and dry your hands with a clean towel or air dryer
- Hand sanitizer is your second alternative, but will not work as well, especially if hands are visibly dirty.

## When to wash your hands:

- When you're near, preparing or eating food
- After using the bathroom
- When caring for people who have been vomiting or have diarrhoea
- After coughing, sneezing or blowing your nose
- After touching garbage, animals or animal waste
- Before and after touching family/friends or their surroundings
- Before entering anyone's home and on departure from the home.

## Sneeze / cough hygiene

- Cover your cough and sneeze, dispose of tissues, and use alcohol-based hand sanitiser
- If unwell, avoid contact with others (stay more than 1.5 metres from people).

## More information

For the latest advice, information and resources, go to [www.health.gov.au](http://www.health.gov.au) or call the National Coronavirus Health Information Line on **1800 020 080**. If you have concerns about your health, speak to a doctor.

# NEW! Transpersonal Art Therapy

**D**rawing Breath Lake Macquarie, through NovaCare, is offering you the opportunity to participate in Art Therapy in your home. Transpersonal Art Therapy offers a gentle space in which to find new ways to better deal with life's challenges and express emotions that are sometimes not talked about. You don't have to be able to draw (even a straight line) to benefit from and enjoy Art Therapy.

Through guided activities using different artistic materials with your therapist you will have the opportunity to begin to feel calmer and more positive in your daily life. The sessions are often great fun and confidentiality is assured.

Letting your inner child out to play can enable you to love your whole self and to live more fully each day. We currently have individual sessions available and in the near future we're looking at group sessions for those who are interested.

## Give it a go!

Please contact NovaCare on **1300 363 654** for more details.

