

## 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 2020

Mon 2 Nov	Tues 3 Nov	Wed 4 Nov	Thurs 5 Nov	Fri 6 Nov
Strength.Balance.Relax <b>And / Or</b> Puppy Therapy <b>Or</b> Scenic Drive Lunch: Argenton Hotel	<b>MELBOURNE CUP</b> Scenic Drive Lunch: Picnic at Speers Point Park Cycling Without Age Sweeps Fashions in the Park	Strength.Balance.Relax <b>And / Or</b> Puppy Therapy <b>Or</b> Cycling Without Age <b>Or</b> Scenic Drive Lunch: Fish & Chips	Morning Tea at Eleebana Rocky Point Lookout Lunch: Valentine Bowling Club <b>Or</b> Be Connected Technology Class at Milpara 10:30 - 1:30	Morning Tea at Medowie Macadamia Farm Lunch: Tomago Sports Club
Mon 9 Nov	Tues 10 Nov	Wed 11 Nov	Thurs 12 Nov	Fri 13 Nov
Strength.Balance.Relax <b>And / Or</b> Puppy Therapy <b>Or</b> Tour of Big Picture Fest Murals Lunch: Queens Wharf Hotel	Lake Macquarie Cruise Transport, Cruise & Lunch \$65	Strength.Balance.Relax <b>Or</b> Men's Group <b>Or</b> Morning Tea at Dixon Park Lunch: Smokin Hot n Saucy	Hunter Valley Zoo Transport, entry & Lunch \$40 <b>Or</b> Be Connected Technology Class at Milpara 10:30 - 1:30	Scenic Drive Prawns, Oysters & BBQ Karuah
Mon 16 Nov	Tues 17 Nov	Wed 18 Nov	Thurs 19 Nov	Fri 20 Nov
Strength.Balance.Relax <b>And / Or</b> Puppy Therapy <b>Or</b> Scenic Drive Lunch: The Wicko	Hillview Herb Farm Tour, Lunch & Devonshire Tea \$35 incl. transport	Strength.Balance.Relax <b>And / Or</b> Puppy Therapy <b>Or</b> Cycling Without Age <b>Or</b> Morning Tea at Redhead Beach Kiosk Lunch: Seaview Chinese	Botanical Gardens at Heatherbrae Tour & Lunch <b>Or</b> Be Connected Technology Class at Milpara 10:30 - 1:30	BBQ at Blackbutt
Mon 23 Nov	Tues 24 Nov	Wed 25 Nov	Thurs 26 Nov	Fri 27 Nov
Strength.Balance.Relax <b>And / Or</b> Puppy Therapy <b>Or</b> Scenic Drive Lunch: Jesmond Park	Mystery Tour \$17	Strength.Balance.Relax <b>Or</b> Men's Group <b>Or</b> Scenic Drive Lunch: Market Street Café Wangi	Scenic Drive Brunch: Tinto Espresso Toronto <b>Or</b> Be Connected Technology Class at Milpara 10:30 - 1:30	Morning Tea at Kooragang Island Lunch: Lexie's at Stockton
Mon 30 Nov				
Strength.Balance.Relax <b>And / Or</b> Puppy Therapy <b>Or</b> Scenic Drive BBQ Lunch Summerland Point Transport & BBQ \$17				



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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)

### NOVEMBER 2020

Mon 2 Nov	Tues 3 Nov	Wed 4 Nov	Thurs 5 Nov	Fri 6 Nov
Wellness Exercise Class <b>Or</b> Coffee Club Pelican RSL	Tuesday Activity Day Picnic Day Out Morning Tea Spears Point Lunch Rathmines Reserve	Fit and Fab Exercise Class <b>Or</b> Cycling Without Age	Shopping Shuttle Service to Mt Hutton	Strength Balance Relax Class <b>Or</b> Friday Fun Day Morning Tea Spears Point Reserve Lunch Market Street Café Wangi
Mon 9 Nov	Tues 10 Nov	Wed 11 Nov	Thurs 12 Nov	Fri 13 Nov
Wellness Exercise Class	Tuesday Activity Day Swansea Centre Craft Day	Men's Group <b>Or</b> Ladies Luncheon Swansea RSL	Shopping Shuttle Service to Mt Hutton	Strength Balance Relax Class <b>Or</b> Friday Fun Day Talking Trams Morning Tea Dixon Park Lunch Queens Wharf Hotel
Mon 16 Nov	Tues 17 Nov	Wed 18 Nov	Thurs 19 Nov	Fri 20 Nov
Wellness Exercise Class <b>Or</b> Coffee Club Venue TBA	Tuesday Activity Day Picnic Day Out Morning Tea Norah Head Reserve Lunch Fish and chips at Budgewoi Reserve	Fit and Fab Exercise Class <b>Or</b> Cycling without Age	Shopping Shuttle Service to Mt Hutton	Strength Balance Relax Class <b>Or</b> Friday Fun Day Mystery BBQ Tour
Mon 23 Nov	Tues 24 Nov	Wed 25 Nov	Thurs 26 Nov	Fri 27 Nov
Wellness Exercise Class	Tuesday Activity Day Swansea Centre Movies or Cards	Men's Group <b>Or</b> Ladies Luncheon Venue TBA	Shopping Shuttle Service to Mt Hutton	Strength Balance Relax Class Hunter Valley Zoo Transport, entry & lunch \$40
Mon 30 Nov				
Wellness Exercise Class Coffee Club Venue TBA				



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

We can pick you up and drop you back at home in a comfy, air-conditioned NovaCoach.

**Day Trips** from just \$15 plus expenses, **Special Events** and **Morisset Activities**.

For more information or bookings, please call us.

**BOOK NOW**  
**4973 3855**  
**or 1300 363 654**

### NOVEMBER 2020

Mon 2 Nov	Tues 3 Nov	Wed 4 Nov	Thurs 5 Nov	Fri 6 Nov
"The Fish Pond" Seniors Centre 9:30am - 1:00pm	"The Fish Pond" Seniors Centre 9:30am - 1:00pm <b>And / Or</b> Get Crafty - 1:30pm	"The Fish Pond" Seniors Centre 9:30am - 1:00pm <b>Or</b> Card Sharks	"The Fish Pond" Seniors Centre 9:30am - 1:00pm	"The Fish Pond" Seniors Centre 9:30am - 1:00pm <b>Or</b> Steam Powered Hydro Pool (pm)
Mon 9 Nov	Tues 10 Nov	Wed 11 Nov	Thurs 12 Nov	Fri 13 Nov
"The Fish Pond" Seniors Centre 9:30am - 1:00pm	"The Fish Pond" Seniors Centre 9:30am - 1:00pm	"The Fish Pond" Seniors Centre 9:30am - 1:00pm <b>Or</b> Card Sharks <b>Or</b> Shopping Shuttle Lake Haven (conditions apply)	"The Fish Pond" Seniors Centre 9:30am - 1:00pm <b>Or</b> "Food with Friends" Morning Tea Market Street Café Wangi	"The Fish Pond" Seniors Centre 9:30am - 1:00pm <b>Or</b> Steam Powered Hydro Pool (pm)
Mon 16 Nov	Tues 17 Nov	Wed 18 Nov	Thurs 19 Nov	Fri 20 Nov
"The Fish Pond" Seniors Centre 9:30am - 1:00pm	"The Fish Pond" Seniors Centre 9:30am - 1:00pm <b>And / Or</b> Get Crafty - 1:30pm	"The Fish Pond" Seniors Centre 9:30am - 1:00pm <b>Or</b> Card Sharks <b>Or</b> "Day Trippers" Cycling without Age & BBQ - TBC	"The Fish Pond" Seniors Centre 9:30am - 1:00pm	"The Fish Pond" Seniors Centre 9:30am - 1:00pm <b>Or</b> Steam Powered Hydro Pool (pm)
Mon 23 Nov	Tues 24 Nov	Wed 25 Nov	Thurs 26 Nov	Fri 27 Nov
"The Fish Pond" Seniors Centre 9:30am - 1:00pm	"The Fish Pond" Seniors Centre 9:30am - 1:00pm <b>And / Or</b> Happy Hour - 2:30pm (previous participants of Strength & Balance)	"The Fish Pond" Seniors Centre 9:30am - 1:00pm <b>Or</b> Card Sharks <b>Or</b> Shopping Shuttle - Tuggerah (conditions apply) <b>And</b> Information Session Home Care Packages 2:00pm (Bookings essential)	"The Fish Pond" Seniors Centre 9:30am - 1:00pm <b>Or</b> "Food with Friends" Morning Tea Sensory Garden multipurpose centre	"The Fish Pond" Seniors Centre 9:30am - 1:00pm <b>Or</b> Steam Powered Hydro Pool (pm)
Mon 30 Nov				
"The Fish Pond" Seniors Centre 9:30am - 1:00pm <b>And / Or</b> Monday Movie Moguls Movie: "The Upside" 2:00pm @ multipurpose centre (afternoon tea)				

# Welcome

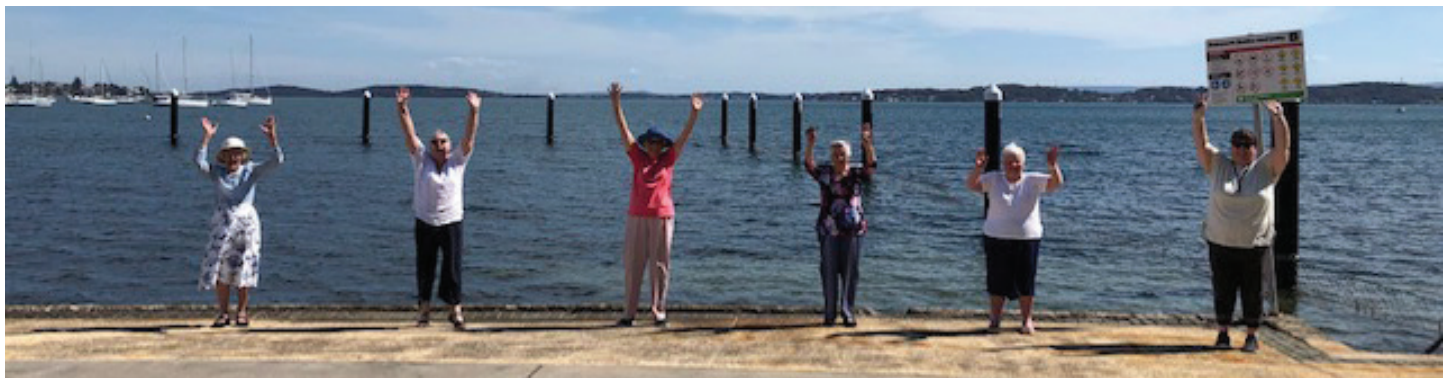
It's great to be able to open our centres up again and get to see all of your smiling faces. We have strict COVID measures in place to keep everyone safe.

While the social calendar is up and running we will have limited availability and any of the activities could be cancelled or changed at short notice. Due to the limited availability some outings require payment before the outing.

Everyone must bring ID and everyone will have their temperature checked and will be asked a series of COVID questions.

There will be hand sanitiser in centre and on the bus and wearing a mask will be compulsory on the buses. Please bring a mask with you.

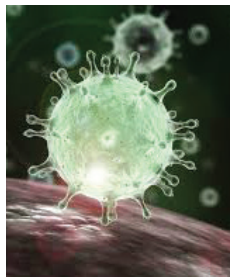
We will be eating outside at all venues so bring something warm in case it gets cold.



## HEALTH

### 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.

## Hello everyone,

I hope you are all well ... we just wanted to let you know about a few things happening at the Morisset Branch.

It is with sadness we say goodbye to staff member Janet - I'd like to take this opportunity to thank her for all her hard work and the caring she has shown all of our NovaCare community. Janet will be missed ... We wish her all the best with her future endeavours.

We welcome back the Volunteers, we are excited to have them back as part of the team. They have been missed by both staff and consumers alike. All volunteers have undertaken training, so that we can provide a safe environment and delivery of activities/services to you all.

Our November Calendar is out - there are some of our regular activities included and others that have been left off ... We may not be able to commence some of our wellness activities until 2021 ... i.e. Strength & Balance; Walking group and Healthy Moves - exercise, we will keep you updated on this. However we have some other exciting programs happening ... if you're interested in any of these or need more information on them please call the office and speak to Viv on **4973 3855**.

We have replaced our regular shopping buses with a Shopping Shuttle - which will pick up and drop off at various venues and will do a return trip home a couple of hours later. However there will be some conditions of participation for this service. For those who need that extra assistance there are other options, please call to discuss.

**Need more information?  
Call us on 4973 3855.**

## Home Care Packages:

Do you know what a Home Care Package is? Did you know that NovaCare can support you with your Home Care Package?

We are hosting a free information session to explain everything there is to know about Home Care Packages on Wednesday 25 November at 2:00pm, bookings are essential as numbers are limited. Afternoon tea will be provided.

## Transport:

(Individual Social Support):

We have been in discussion with the finance team about our transport costs. All transports will be charged at \$15 p/hour for the service and \$0.65 p/km...the first 10 kilometres are free and all transports will be capped at no more than \$100. As always if you have a problem with payment, call us to discuss. All transports will be on account - so there is no cash required on the day. Invoices will arrive within 7-10 business days after the end of month. Direct Debit is the preferred method of payment (forms available at the office) however there are other payment options on the bottom of your invoice.

All activities/programs will be charged at \$15 (there are exceptions e.g. Strength & Balance or where you are buying your own meal/morning tea at a venue). These changes have been implemented so that we have a uniform and consistent payment schedule across all the NovaCare branches.

## Face Masks:

We can start increasing numbers on buses and in centre - however there are still guidelines that need to be followed. One of these rules is that we need all those on the bus to wear a mask as social distancing will

be difficult and it is a close space. Material masks are ok for you to wear, remember to launder after use ... this will be commencing in November.

## Look after your Health:

It is important to follow-up ... Your GP may have sent a referral through to hospital for a procedure or to a specialist, and if you haven't heard anything within a week or two it may need a follow-up call from you. Sometimes numbers are incorrect or things get misplaced or overlooked, we have heard of some examples of this from consumers and staff. So take control - and if you haven't heard from anyone for some time, it is a good idea to make a call and/or monitor the progress of these things as your health is important.

## Locked Box:

Perhaps you might consider having a locked box on your property, this is where you can have your spare key in case of emergency ... if you have no one to leave a spare key with or family is living out of area, or if you've had a fall and someone needs to get to you quickly ... it is a good idea to have an emergency plan ready (this could include a locked box with a spare key). Your family member(s) or NovaCare could have this information on file, in case of emergency.

For more information about this call Viv or Margaret on **4973 3855**.

## Morisset Taxis:

Morisset Taxis is accepting the new Seniors Travel Card ... this provides eligible seniors living in the Morisset area to travel with \$250 pre-paid card to help ease the cost of travel. To apply call Service NSW on **13 77 88** or visit a Service NSW centre to apply. Card is valid for 14 months from date of issue.