

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

MAY 2021

Monday 3 May	Tuesday 4 May	Wednesday 5 May	Thursday 6 May	Friday 7 May
Tech Help at Home Or Scenic Drive Binnorie Dairy Hunter Distillery (tasting - \$5) BBQ Lunch	Ettalong to Palm Beach Ferry and Lunch \$35 incl. Ferry, lunch, and transport	Strength.Balance.Relax Or Men's Group Or Cycling Without Age	Bingo - 10am-12pm Be Connected Tech Support Or Morning Tea at Raymond Terrace Lunch: Medowie Macadamia Farm	Movies Hoyts Charlestown Or Scenic Drive Lunch: Belmont Golf Club
Monday 10 May	Tuesday 11 May	Wednesday 12 May	Thursday 13 May	Friday 14 May
Tech Help at Home Or Morning tea at Stockton Lunch: Saltwater Restaurant Fingal Bay	Edogawa Japanese Gardens Gosford Regional Gallery Lunch: Gosford RSL	Strength.Balance.Relax Or Men's Group And / or Kurri Kurri TAFE Dinner \$40 Incl. 3 course meal and transport	Bingo - 10am-12pm Be Connected Tech Support Lunch Sit & Sew with June Or Scenic Drive Lunch: Branxton Hotel	Scenic Drive Loop the Lake
Monday 17 May	Tuesday 18 May	Wednesday 19 May	Thursday 20 May	Friday 21 May
Tech Help at Home Or Riverboat Postman \$59 incl. transport, cruise, lunch 1st pick up 7am	Explore: Newcastle Scenic Drive Lunch: Piazza Mercato	Strength.Balance.Relax Or Men's Group Or Cycling Without Age	Bingo - 10am-12pm Be Connected Tech Support Or Mystery Tour	Morning Tea at Belmont Baths Scenic Drive Lunch: Picnic at Pelican
Monday 24 May	Tuesday 25 May	Wednesday 26 May	Thursday 27 May	Friday 28 May
Tech Help at Home Or Morning Tea at Catherine Hill Bay Norah Head Lighthouse Crackneck Lookout Lunch: Shelley Beach Golf Club	Hunter Valley Gardens Entry, train ride, lunch, transport	Strength.Balance.Relax Or Men's Group	Bingo - 10am-12pm Be Connected Tech Support Lunch Sit & Sew with June Or Scenic Drive Lunch: Inner Light Tea Rooms	Morning Tea at Redhead Kiosk Lunch: Seaview Chinese
Monday 31 May				
Scenic Drive Lunch Wangi workers club Or Hamilton TAFE Dinner \$40 incl. transport, 3 course meal				

Staying active and on your feet

Staying physically active, eating well and socialising can help improve your sense of wellbeing. It can also help you recover from illness more quickly, reduce your risk of chronic disease and prevent falls.

Tips for safe activity:

- If you need advice on how to start, speak to your GP, physiotherapist or exercise physiologist
- Exercise in a clear space free from clutter
- Wear appropriate footwear
- Stay hydrated
- Keep to a comfortable but challenging pace.



Commitment to quality service

Feedback procedure:

NovaCare appreciates feedback on our services. You may wish to advise us on our service provision (both positive and negative comments are welcomed) or make a formal complaint.



Any information you provide will be treated seriously and with respect and will be used to further improve the services we provide.

Procedure Guide

1. Contact NovaCare either by telephone or in writing to inform us of the issue.
2. We will acknowledge your comments/concerns and advise you of the process within one (1) week of you contacting us.

3. We will review your comments, concerns and undertake a formal investigation if the situation warrants this action, and keep you informed of the progress of the matter.
4. We will formally advise you of the outcome of the aforementioned process and determine whether or not you are satisfied with the outcome.
5. If you are not satisfied with the outcome you can raise the matter with the CEO of NovaCare and if you are still not satisfied with the Board Chair of NovaCare.
6. We will use your feedback as part of our Quality Improvement Process to ensure that services are developed and improved.
7. The process will be documented and you can view this at any time.
8. If you are dissatisfied with the outcome of the review you can contact any of the Advocacy groups listed in your handbook.
9. A copy of our Policy can be requested at any time.

Happy Mother's Day!

To all the selfless women who inspire, motivate and remind us to be a better person every day.



Out and about



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

MAY 2021

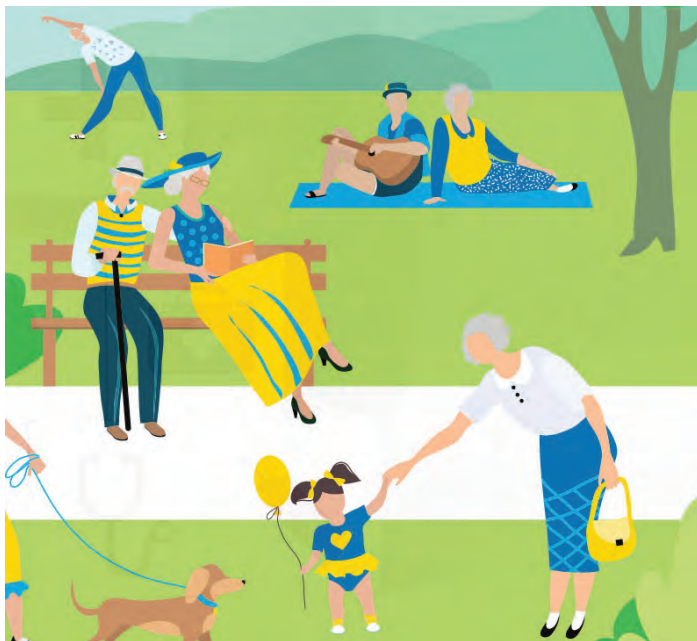
Monday 3 May	Tuesday 4 May	Wednesday 5 May	Thursday 6 May	Friday 7 May
Wellness Exercise Class 9am - 10am Coffee with Friends at Swansea Hall 10:30am - 12:30pm Or Coffee Club at Tides Swansea	Movies at Glendale	Fit and Fab Exercise Class 9am - 10am Coffee with Friends at Swansea Hall 1pm - 3pm	Shopping Shuttle to Mt Hutton The Sanctuary Village Outing Rivers and Erina Leagues Club	Strength.Balance,.Relax Exercise Class 12pm - 1pm Or Friday Fun Day Ken Duncan Gallery and The Entrance Leagues Club
Monday 10 May	Tuesday 11 May	Wednesday 12 May	Thursday 13 May	Friday 14 May
Wellness Exercise Class 9am - 10am Coffee with Friends at Swansea Hall 10:30am - 12:30pm	Tuesday Activity Day Craft in the Hall	Fit and Fab Exercise Class 9am - 10am Or Men's Group Or Ladies Day Out to Bennetts Green	Shopping Shuttle Service to Mt Hutton The Sanctuary Village Outing Caves Beach Hotel	Strength.Balance,.Relax Exercise Class 12pm - 1pm Or Friday Fun Day Hunter Valley Chocolates and Pedens Hotel
Monday 17 May	Tuesday 18 May	Wednesday 19 May	Thursday 20 May	Friday 21 May
Wellness Exercise Class 9am - 10am Coffee with Friends at Swansea Hall 10:30am - 12:30pm Or Coffee Club at Jewells Shopping centre	Tuesday Activity Day Fish and Chips at Budgewoi	Fit and Fab Exercise Class 9am - 10am Coffee with Friends at Swansea Hall 1pm - 3pm Dinner Date at Belmont 16 Footers	Shopping Shuttle to Mt Hutton The Sanctuary Village Outing The Macadamia Nut Farm	Strength.Balance,.Relax Exercise Class 12pm - 1pm Or Friday Fun Day Loop the Lake
Monday 24 May	Tuesday 25 May	Wednesday 26 May	Thursday 27 May	Friday 28 May
Wellness Exercise Class 9am - 10am Coffee with Friends at Swansea Hall 10:30am - 12:30pm	Tuesday Activity Day Craft in the Hall	Fit and Fab Exercise Class 9am - 10am Or Men's Group Or Ladies Day out at Bateau Bay Village	Shopping Shuttle to Mt Hutton The Sanctuary Village Outing Movies at Glendale	Strength.Balance,.Relax Exercise Class 12pm - 1pm Or Friday Fun Day Mystery Tour
Monday 31 May				
Wellness Exercise Class 9am - 10am Coffee with Friends at Swansea Hall 10:30am - 12:30pm Coffee Club Belmont Shopping Centre				

Staying active and on your feet

Staying physically active, eating well and socialising can help improve your sense of wellbeing. It can also help you recover from illness more quickly, reduce your risk of chronic disease and prevent falls.

Tips for safe activity:

- If you need advice on how to start, speak to your GP, physiotherapist or exercise physiologist
- Exercise in a clear space free from clutter
- Wear appropriate footwear
- Stay hydrated
- Keep to a comfortable but challenging pace.



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Out and about



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BOOK NOW
4973 3855
or 1300 363 654

MAY 2021

Monday 3 May	Tuesday 4 May	Wednesday 5 May	Thursday 6 May	Friday 7 May
Seniors Centre 9:30am - 2pm	Seniors Centre 9:30am - 2pm	Seniors Centre 9:30am - 2pm Or Shopping Shuttle Lake Haven (conditions apply)	Seniors Centre 9:30am - 2pm Or Food with Friends Greg & Audrey's and walk on Toronto Foreshore	Seniors Centre 9:30am - 2pm Or Steam Powered Hydro Pool (pm)
Monday 10 May	Tuesday 11 May	Wednesday 12 May	Thursday 13 May	Friday 14 May
Seniors Centre 9:30am - 2pm	Seniors Centre 9:30am - 2pm	Seniors Centre 9:30am - 2pm	Seniors Centre 9:30am - 2pm Or Walkie Talkies walking group	Seniors Centre 9:30am - 2pm Or Steam Powered Hydro Pool (pm)
Monday 17 May	Tuesday 18 May	Wednesday 19 May	Thursday 20 May	Friday 21 May
Seniors Centre 9:30am - 2pm AND / Or Movie Moguls 2:30pm	Seniors Centre 9:30am - 2pm	Seniors Centre 9:30am - 2pm Or Shopping Shuttle Tuggerah (conditions apply)	Seniors Centre 9:30am - 2pm Or "Food with Friends" Warnies Café Warnervale	Seniors Centre 9:30am - 2pm Or Steam Powered Hydro Pool (pm)
Monday 24 May	Tuesday 25 May	Wednesday 26 May	Thursday 27 May	Friday 28 May
Seniors Centre 9:30am - 2pm	Seniors Centre 9:30am - 2pm Or Happy Hour 2:30pm (for those who have completed the Falls program)	Seniors Centre 9:30am - 2pm	Seniors Centre 9:30am - 2pm Or Walkie Talkies walking group	Seniors Centre 9:30am - 2pm Or Steam Powered Hydro Pool (pm)
Monday 31 May				
Seniors Centre 9:30am - 2pm				

Wellness Activities:

For those who would like to attend some of our Wellness Groups - please do the following:

- Call to register your interest 4973 3855
- Make sure you have a referral code for Social Support Group from My Aged Care (we can assist with this)
- Make sure you get a letter from your doctor to participate (we have forms at the office).

Activities you can join are:

- Strength & Balance – Falls Prevention program (7 week course). This will commence in May (commencement date and time to be advised) – Tuesdays
- Happy Hour (for Falls program participants once completed) last Tuesday of the month 2.30pm

- Walkie Talkies – Walking Group – Thursdays alternate to Food with Friends
- Steam Powered – Hydro Pool (1pm Fridays).

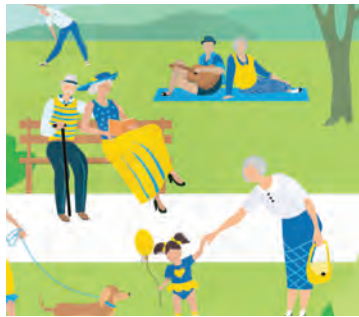
Expression of Interest:

We are looking for anyone that might like to come into the centre and play Canasta – we have a starter that would like to get together with anyone else that enjoys this game. Wednesdays is preferred, however if this doesn't suit we can see what other options are available ... Call the office on **4973 3855** and ask for Vivienne.



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