

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

AUGUST 2021

Monday 2 August	Tuesday 3 August	Wednesday 4 August	Thursday 5 August	Friday 6 August
Strength.Balance.Relax Or Morning Tea Snapper Rocks Lunch: Wallarah Rec Club	Scenic Drive Lunch: Paterson Tavern	Strength.Balance.Relax Or Men's Group	Bingo And / Or Craft Group Or Scenic Drive Lunch: Belmont 16 Footers	Scenic Drive and Lunch Or Dinner & Show ABBA - Bjorn Again Civic Theatre
Monday 9 August	Tuesday 10 August	Wednesday 11 August	Thursday 12 August	Friday 13 August
Strength.Balance.Relax Or Cycling Without Age Blacksmith's Breakwall Lunch: Swansea RSL	Scenic Drive Saltwater Restaurant Fingal Bay	Strength.Balance.Relax Or Men's Group	Bingo And / Or Craft Group Or Scenic Drive Lunch: Wollombi General Store	Scenic Drive and Lunch
Monday 16 August	Tuesday 17 August	Wednesday 18 August	Thursday 19 August	Friday 20 August
Strength.Balance.Relax And / Or Scenic Drive Lunch: The Wicko	Hillview Herb Farm \$35 incl. transport, tour and lunch	Strength.Balance.Relax Or Men's Group	VIVID! Cruise and Dinner in Sydney Or Morning Tea at Warners Bay Lunch: Redhead Bowling Club	Scenic Drive and Lunch
Monday 23 August	Tuesday 24 August	Wednesday 25 August	Thursday 26 August	Friday 27 August
Strength.Balance.Relax And / Or Xmas in August Concert: In Tune	Scenic Drive Wyong Milk Factory	Strength.Balance.Relax Or Men's Group	Bingo And / Or Craft Group Or Scenic Drive Maitland Art Gallery Lunch: Windsor Castle Hotel	Scenic Drive and Lunch
Monday 30 August	Tuesday 31 August			
Strength.Balance.Relax Or Scenic Drive Pokolbin Village BBQ Lunch	Mystery Tour			



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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

AUGUST 2021

Monday 2 August	Tuesday 3 August	Wednesday 4 August	Thursday 5 August	Friday 6 August
Wellness Exercise Class 9am - 10am Coffee with Friends at Swansea Hall 10:30am - 12:30pm	Tuesday Activity Day Craft	Fit and Fab Exercise Class 9am - 10am Or Men's Group Or Ladies Day Out to Millers Weston and lunch at Kurri Bowling Club	Shopping Shuttle to Mt Hutton Or Thursday Activity Day in Hall	Strength Balance and Relax Exercise Class 12pm - 1pm Or Friday Fun Day Loop the lake and lunch at Wangi Hotel
Monday 9 August	Tuesday 10 August	Wednesday 11 August	Thursday 12 August	Friday 13 August
Wellness Exercise Class 9am - 10am Coffee with Friends at Swansea Hall 10:30am - 12:30pm	Tuesday Activity Day Hunter Valley Zoo \$45 includes Transport, Entry, Morning Tea and Lunch	Fit and Fab Exercise Class 9am - 10am	Shopping Shuttle to Mt Hutton Or Thursday Activity Day in Hall	Strength Balance and Relax Exercise Class 12pm - 1pm Or Friday Fun Day Newcastle Scenic Drive visit to Newcastle Cathedral and lunch at MEX Services club
Monday 16 August	Tuesday 17 August	Wednesday 18 August	Thursday 19 August	Friday 20 August
Wellness Exercise Class 9am - 10am Coffee with Friends at Swansea Hall 10:30am - 12:30pm	Tuesday Activity Day Craft	Fit and Fab Exercise Class 9am - 10am Or Men's Group Or Ladies Day Out to Glendale Shopping Centre and Lunch at Edgeworth Tavern	Shopping Shuttle to Mt Hutton Or Thursday Activity Day in Hall	Strength Balance and Relax Exercise Class 12pm - 1pm Or Friday Fun Day Wollombi Museum and Lunch at Wollombi Hotel
Monday 23 August	Tuesday 24 August	Wednesday 25 August	Thursday 26 August	Friday 27 August
Wellness Exercise Class 9am - 10am Coffee with Friends at Swansea Hall 10:30am - 12:30pm Or Coffee Club at Belmont	Tuesday Activity Day Lunch at Crest Restaurant Anna Bay	Fit and Fab Exercise Class 9am - 10am	Shopping Shuttle to Mt Hutton Or Thursday Activity Day in Hall	Strength Balance and Relax Exercise Class 12pm - 1pm Or Friday Fun Day Mystery Tour
Monday 30 August	Tuesday 31 August			
Wellness Exercise Class 9am - 10am Coffee with Friends at Swansea Hall 10:30am - 12:30pm	Tuesday Activity Day Craft			



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Beat the Snail Mail!

CHSP Services and invoices for transport.

If you have an email address please let us know and we will email you your invoice directly to you. Due to the delays in the regular mail service some consumers are not receiving invoices before the direct debits occur. This will take the guess work out of managing your accounts.



QR Codes

From Monday 12 July, QR codes were made mandatory at all workplaces, this means you will need to scan the code on arrival to any of social centres or at Alisa Craig Cottage.

Social Calendar changes

There may be short notice changes due to the winter weather, shorter days during the winter months or COVID - 19.

Scone Time

Keep an eye out for Scone Time. Connecting the community through friendship and a cup of tea.



Please note

If you are looking to book a seat for one of our outings please note that these calls will now only be answered during the business hours of 8.30am-4.00pm Monday - Friday. If you need to call outside of these hours please call Head Office on **1300 363 65**.

HOW TO WEAR A FACE MASK SAFELY

Do's →



Find the top side, where the metal piece or stiff edge is



Ensure the colored-side faces outwards



Place the metal piece or stiff edge over your nose



Wash your hands before touching the mask



Inspect the mask for tears or holes



Cover your mouth, nose, and chin



Adjust the mask to your face without leaving gaps on the sides



Avoid touching the mask



Remove the mask from behind the ears or head



Keep the mask away from you and surfaces while removing it



Discard the mask immediately after use preferably into a closed bin



Wash your hands after discarding the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1.5 metres distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

who.int/epi-win



HOW TO WEAR A FACE MASK SAFELY

Don'ts →



Do not use a ripped or damp mask



Do not wear the mask only over mouth or nose



Do not wear a loose mask



Do not touch the front of the mask



Do not remove the mask to talk to someone or do other things that would require touching the mask



Do not leave your used mask within the reach of others



Do not re-use the mask

Remember that masks alone cannot protect you from COVID-19. Maintain at least 1.5 metres distance from others and wash your hands frequently and thoroughly, even while wearing a mask.

who.int/epi-win



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 \$10 plus expenses, **Special Events** and **Morisset Activities**.

For more information or bookings, please call us.

BOOK NOW
4973 3855
or 1300 363 654

AUGUST 2021

Monday 2 August	Tuesday 3 August	Wednesday 4 August	Thursday 5 August	Friday 6 August
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 Walkie Talkies Walking Group	Seniors Centre 9.30am - 2pm Or Steam Powered Hydro Pool (1.30 pm)
Monday 9 August	Tuesday 10 August	Wednesday 11 August	Thursday 12 August	Friday 13 August
Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm Or Food with Friends	Seniors Centre 9.30am - 2pm Or Steam Powered Hydro Pool (1.30 pm)
Monday 16 August	Tuesday 17 August	Wednesday 18 August	Thursday 19 August	Friday 20 August
Seniors Centre 9am - 2pm Or Presentation by the FOOD Collective 11am	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm Or Shopping Shuttle - Tuggerah (conditions apply)	Seniors Centre 9.30am - 2pm Or Walkie Talkies Walking Group	Seniors Centre 9.30am - 2pm Or Steam Powered Hydro Pool (1.30 pm)
Monday 23 August	Tuesday 24 August	Wednesday 25 August	Thursday 26 August	Friday 27 August
Seniors Centre 9.30am - 2pm And / Or Movie Moguls Movie Afternoon	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm Or Food with Friends	Seniors Centre 9.30am - 2pm Or Steam Powered Hydro Pool (1.30 pm)
Monday 30 August	Tuesday 31 August			
Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm Or Happy Hour 2.30 pm (for those who have completed the Falls program)			



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Watch this space

Earlier in the year NovaCare was lucky enough to work with the Wholesome Collective on a community engagement program. The Wholesome Collective have developed a nutrition and cooking program. Wholesome Collective provide a fun and delicious cooking program to community services that support NovaCare consumers health and wellbeing. The program provides nutrition education and a hands on cooking experience that teaches the essential life skills necessary to eat well as we age. They will be here at Morisset 16 August 2021. Call **4973 3855** to book in.



Farewell | Bev

Last month we farewelled Morisset Leisure and Lifestyle Officer Bev as she retires after 17 years.

Bev has always worked in aged care and prior to commencing as Leisure and Lifestyle Officer at NovaCare in 2004 Bev worked as a AIN in Residential Aged Care.

Bev's role included arts and crafts, theme days, outdoor activities, outings, games, quizzes, reminiscing, music, and exercises that stretch the body and the mind.

Bev said she loves seeing the difference and impact we have to change people's lives, "I have seen over the years those with little quality of life and those that are lonely, blossom, make friends and improve their general well being. I thoroughly enjoy making their day special".

Bev's next adventure sees her moving to the mid-north coast on 98 acres. "it has beautiful scenery (a photographers paradise) the views are stunning and I plan to be rocking on my chair on my wrap around veranda".

Bev said "I would like to thank both my previous employer Southlakes Carers and more recently NovaCare Community Services for my years of employment (17 years in total) and the opportunity to do what I love.

We wish Bev well in her retirement and thank her for her hard work and dedication for NovaCare.

