

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 2022

| Monday 1 August | Tuesday 2 August | Wednesday 3 August | Thursday 4 August | Friday 5 August |
|---|--|---|---|---|
| Seniors Centre 9:30am - 2:00pm Or Healthy Moves 2:00pm | Seniors Centre 9:30am - 2:00pm | Seniors Centre 9:30am - 2:00pm Or Shopping Shuttle Lake Haven | Seniors Centre 9:30am - 2:00pm Or Food with Friends | Seniors Centre 9:30am - 2:00pm Or Steam Powered Hydro Pool 1:00pm |
| Monday 8 August | Tuesday 9 August | Wednesday 10 August | Thursday 11 August | Friday 12 August |
| Seniors Centre 9:30am - 2:00pm Or Dance4Wellbeing 2:00pm | Seniors Centre 9:30am - 2:00pm | Seniors Centre 9:30am - 2:00pm Or Outing Queens Wharf | Seniors Centre 9:30am - 2:00pm Or Walkie Talkies Walking Group 9:30am | Seniors Centre 9:30am - 2:00pm Or Steam Powered Hydro Pool 1:00pm |
| Monday 15 August | Tuesday 16 August | Wednesday 17 August | Thursday 18 August | Friday 19 August |
| Seniors Centre 9:30am - 2:00pm Or Healthy Moves 2:00pm | Seniors Centre 9:30am - 2:00pm | Seniors Centre 9:30am - 2:00pm Or Shopping Shuttle Tuggerah | Seniors Centre 9:30am - 2:00pm Or Food with Friends | Seniors Centre 9:30am - 2:00pm Or Steam Powered Hydro Pool 1:00pm |
| Monday 22 August | Tuesday 23 August | Wednesday 24 August | Thursday 25 August | Friday 26 August |
| Seniors Centre 9:30am - 2:00pm Or Dance4Wellbeing 2:00pm | Seniors Centre 9:30am - 2:00pm | Seniors Centre 9:30am - 2:00pm | Seniors Centre 9:30am - 2:00pm Or Walkie Talkies Walking Group 9:30am | Seniors Centre 9:30am - 2:00pm Or Steam Powered Hydro Pool 1:00pm |
| Monday 29 August | Tuesday 30 August | Wednesday 31 August | | |
| Seniors Centre 9:30am - 2:00pm Or Healthy Moves 2:00pm | Seniors Centre 9:30am - 2:00pm Or Happy Hour 2:30pm | Seniors Centre 9:30am - 2:00pm Or Movie Moguls 2:15pm This month's movie "Dog" | | |



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www.facebook.com/NovaCareCommunityServices

SPOTLIGHT on Seniors Day Centre at Morisset

Where can you go to meet new friends; enjoy fresh baked cakes for morning tea and a hot cooked lunch. Join in with some gentle exercise, take a walk in our beautiful sensory garden, head out on a bus trip to whale watch. Maybe some rock painting, how about some armchair travel, or perhaps a sing-along, having a laugh, playing some bingo or Yahtzee. There is something for everybody at the Seniors Centre – every day is different.

We invite you to come in and visit, stay for morning tea and take a look around. We have friendly, fun, and caring staff members and wonderful Nova Friends, who really enjoy their days with us and would welcome newcomers. If you are lonely and looking for something to do, why not give us a call **4973 3855** and we'd love to chat with you about our Seniors Day Centre.



AUGUST outing

On Wednesday 10th August our intrepid train travellers will meet at Morisset Station at 9.45am. We will catch the train into Newcastle interchange and then take the light rail to Queens Wharf.

If the weather permits, we may take a stroll along the foreshore. Should be a great day out!

To book call **4973 3855**.

