

## 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)

### AUGUST 2022

Monday 1 August	Tuesday 2 August	Wednesday 3 August	Thursday 4 August	Friday 5 August
Active, Stronger, Better with Deb 10:30am - 11:30am <b>Or</b> Coffee Club Belmont 16's	Scenic Drive Karuah Bric a Brac Lunch: Karuah RSL	Exercises with Mel 9:00am - 9:45am <b>Or</b> Men's Group <b>Or</b> Novacare Technology Support at home	Shopping Shuttle Lake Fair Bus 1 from 8:30am Bus 2 from 11:00am <b>Or</b> Craft and Lunch at Arteas Café Swansea	Strength, Balance, Relax with Deb 12:15pm - 1:00pm <b>Or</b> Steve's Mystery Tour Lunch TBA
Monday 8 August	Tuesday 9 August	Wednesday 10 August	Thursday 11 August	Friday 12 August
Active, Stronger, Better with Deb 10:30am - 11:30am <b>Or</b> Coffee Club Mawson's Caves Beach	Crafts with friends Lunch at Swansea	Exercises with Mel 9:00am - 9:45am <b>Or</b> Men's Group <b>Or</b> Novacare Technology Support at home	Shopping Shuttle Lake Fair Bus 1 from 8:30am Bus 2 from 11:00am <b>Or</b> Scenic Drive Lunch at Lake Mac Gallery Café Boolaroo	Strength, Balance, Relax with Deb 12:15pm - 1:00pm <b>Or</b> Scenic Drive Lunch: Argentton Hotel
Monday 15 August	Tuesday 16 August	Wednesday 17 August	Thursday 18 August	Friday 19 August
Active, Stronger, Better with Deb 10:30am - 11:30am <b>Or</b> Coffee Club Marks Point Post Office Café	Movie Day at Glendale and lunch at Edgeworth Tavern	Exercises with Mel 9:00am - 9:45am <b>Or</b> Men's Group <b>Or</b> Novacare Technology Support at home	Shopping Shuttle Lake Fair Bus 1 from 8:30am Bus 2 from 11:00am <b>Or</b> Craft and Lunch at Arteas Café Swansea	Strength, Balance, Relax with Deb 12:15pm - 1:00pm <b>Or</b> Scenic Drive Hunter Wetlands Centre and lunch
Monday 22 August	Tuesday 23 August	Wednesday 24 August	Thursday 25 August	Friday 26 August
Active, Stronger, Better with Deb 10:30am - 11:30am <b>Or</b> Coffee Club Swansea RSL	Craft with Friends and lunch at Swansea	Exercises with Mel 9:00am - 9:45am <b>Or</b> Men's Group <b>Or</b> Novacare Technology Support at home	Shopping Shuttle Lake Fair Bus 1 from 8:30am Bus 2 from 11:00am <b>Or</b> Movie Day at Glendale and lunch at Edgeworth Tavern	Strength, Balance, Relax with Deb 12:15pm - 1:00pm <b>Or</b> Scenic Drive Stockton Lunch: General Washington Hotel
Monday 29 August	Tuesday 30 August	Wednesday 31 August		
Active, Stronger, Better with Deb 10:30am - 11:30am <b>Or</b> Coffee Club Belmont 16's	Scenic Drive Raymond Terrace Lunch: Junction Hotel	Exercises with Mel 9:00am - 9:45am <b>Or</b> Men's Group <b>Or</b> Novacare Technology Support at home		



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## Queen Elizabeth 2 70th Jubilee Celebrations

We celebrated the Queen's 70th Jubilee in June with a high tea and fun and games. We always love an excuse to dress up!



## Movie Day and lunch at Glendale

August is our first return to the movies in a very long time. Please check out the dates for a bus trip to Glendale cinema and lunch afterward



## Technology Support

NovaCare makes it easy to utilise your phone, tablet or computer to join exercise classes, do your shopping, enjoy armchair travel, or to learn and listen. We're here to help you or a family member to build the technology skills to access great online services and to help you stay connected with others. It's easier than you think.

If you would like some more information please speak with your case Manager or Coordinator or call the office on **1300 363 654**.

