

## 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**

### FEBRUARY 2023

Mon 30 Jan	Tues 31 Jan	Wed 1 Feb	Thurs 2 Feb	Fri 3 Feb
Milpara Day Centre <b>Or</b> Scenic Drive and Lunch	Bingo <b>Or</b> Scenic Drive and Lunch	Active. Stronger. Better <b>Or</b> Men's Group	Bingo <b>Or</b> Hunter Valley Zoo	Scenic Drive Prawns, Oysters, BBQ Karuah
Mon 6 Feb	Tues 7 Feb	Wed 8 Feb	Thurs 9 Feb	Fri 10 Feb
Milpara Day Centre <b>Or</b> Cycling Without Age Nobby's Lunch Swell Café	Seniors Week Mural Info Sessions Be Connected Concert Bingo Games Day	Seniors Week Active.Stronger.Better <b>Or</b> Men's Group	Seniors Week Loop the Lake Cruise Devonshire tea BBQ Lunch 4.5hr Cruise Transport \$90	Scenic Drive Lunch Belmont Golf Club
Mon 13 Feb	Tues 14 Feb	Wed 15 Feb	Thurs 16 Feb	Fri 17 Feb
Milpara Day Centre <b>Or</b> Morning Tea at TBA Lunch Nelson Bay Golf Club	Paint & Sip BBQ Lunch. \$55 Includes: lunch, transport, painting supplies and canvas to take home <b>And / or</b> Bingo <b>Or</b> Scenic Drive BBQ Lunch	Active. Stronger. Better <b>Or</b> Men's Group	Bingo <b>Or</b> Scenic Drive Lunch Wangi Workers	Scenic Drive Lunch Bushrangers Brasserie Largs
Mon 20 Feb	Tues 21 Feb	Wed 22 Feb	Thurs 23 Feb	Fri 24 Feb
Milpara Day Centre <b>Or</b> Cycling Without Age Redhead Lunch: TBD	Iris Lodge Alpaca's Jilliby Tour of farm, feed sheep, cows and alpaca's Lunch The Royal Inn, Wyong and transport \$60	Come from Away Civic Theatre 1:00pm show <b>And / or</b> Active.Stronger.Better <b>Or</b> Men's Group	Bingo <b>Or</b> Morning Tea at Dixon Park Lunch The Wicko	Morning tea at Grahamstown Dam Lunch The Spinning Wheel Raymond Terrace
Mon 27 Feb	Tues 28 Feb			
Milpara Day Centre <b>Or</b> Hunter Valley Day Trip	<b>CLOSED</b> Staff training day			

# Noticeboard

As we move freely around the community remember that Covid is still with us, there will be times where our events and outings will need to change. We will endeavour to ensure people are notified in plenty of time.

NovaCare are committed to ensuring that all consumers and staff are safe.

We are looking to introduce a physical activity scale so people can better understand the requirements of an outing, for example; if there are steps or a long walk required this would be rated as high physical activity, if it is an outing to a social centre this would be a low physical activity. More information to come.

## Social Centre Outings

**Iris Lodge Alpacas**  
**Tuesday 21 February - \$60**

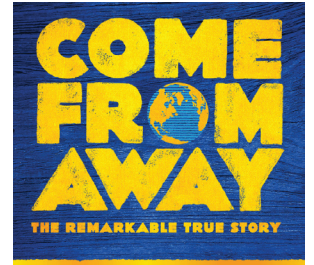
Iris Lodge Alpacas farm has 60+ alpacas, two llamas, plus sheep, cows and horses. The farm gives people an opportunity to get up close and personal with alpacas, sheep and cows, but also to explain how they have developed the farm, including what they have done to protect the environment, such as protecting the water catchment through the planting of 9,000 trees to attract swift parrots to the farm. As a result of this water catchment protection,

Iris Lodge Alpacas have been able to provide a home for hundreds of birds including hawks, eagles, pelicans, black swans, corellas, kookaburras, parrots and a variety of finches and meat birds.



**Come From Away**  
**Wednesday 22 February**

The Tony® and Olivier Award winning musical **Come From Away** tells the remarkable true story of thousands of stranded passengers and the small town in Newfoundland, Canada that welcomed them all. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships.



## Zero Tolerance Policy



NovaCare is committed to creating a safe and healthy care environment for our consumers and staff, we all have the right to be safe in our service and in the community.

NovaCare staff will continue to:

- Be respectful, courteous, and helpful when communicating with you and we expect the same respect in return
- Communicate the reasoning behind any decision made in relation to your services
- Notify you as soon as possible of any changes outside of the normal parameters
- Treat others the way they would like to be treated.

NovaCare has a zero tolerance towards threatening or abusive behaviour and our staff and consumers all have a right to personal safety. All the NovaCare staff are doing their best to get you the services and care you need when you need it.

**Please note the centre will be closed for staff training on Tuesday 28 February.**

**Opening hours: 8:00am-5:00pm, Monday to Friday.**

**If you need to call outside of these hours please call Head Office on 1300 363 654.**