

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

FEBRUARY 2023

Mon 30 Jan	Tues 31 Jan	Wed 1 Feb	Thurs 2 Feb	Fri 3 Feb
Seniors Centre 9:30am - 2:00pm Or Active-Stronger-Better 2:00am	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9.30am - 2pm	Seniors Centre 9:30am - 2:00pm Or Steam Powered Hydro Pool 1:00pm
Mon 6 Feb	Tues 7 Feb	Wed 8 Feb	Thurs 9 Feb	Fri 10 Feb
Seniors Centre 9:30am - 2:00pm Or Dance4Wellbeing 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 Walkie Talkies walking group 9.30am	Seniors Centre 9:30am - 2:00pm Or Steam Powered Hydro Pool 1:00pm
Mon 13 Feb	Tues 14 Feb	Wed 15 Feb	Thurs 16 Feb	Fri 17 Feb
Seniors Centre 9:30am - 2:00pm Or Active-Stronger-Better 2:00am	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm Or Movie Moguls This month's movie: "True Spirit"	Seniors Centre 9.30am - 2pm Or Food with Friends 9:30am	Seniors Centre 9:30am - 2:00pm Or Steam Powered Hydro Pool 1:00pm
Mon 20 Feb	Tues 21 Feb	Wed 22 Feb	Thurs 23 Feb	Fri 24 Feb
Seniors Centre 9:30am - 2:00pm Or Dance4Wellbeing 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 Walkie Talkies walking group 9.30am	Seniors Centre 9:30am - 2:00pm Or Steam Powered Hydro Pool 1:00pm
Mon 27 Feb	Tues 28 Feb			
Seniors Centre 9:30am - 2:00pm Or Active-Stronger-Better 2:00am	Seniors Centre 9:30am - 2:00pm Or Happy Hour 2:30pm			

Follow us on Facebook.

See the outings and please share the stories with your friends. We think more people should have fun like we do!

www.facebook.com/NovaCareCommunityServices



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.

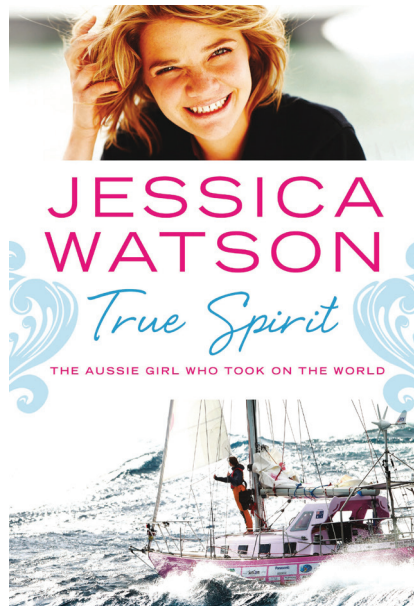
We are looking to introduce a physical activity scale so people can better understand the requirements of an outing, for example; if there are steps or a long walk required this would be rated as high physical activity, if it is an outing to a social centre this would be a low physical activity. More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

Spotlight

Strength & Balance (Falls Prevention Program)

The Strength & Balance is a Falls Prevention Program we facilitate. The course runs for 7 weeks, 2 hours per week and after completion we have a booster session (approx. 3-4 weeks later). We include an assessment of balance and movement at commencement and at conclusion of program. Each week the group practice strength and balance exercises and we have a variety of guest speakers from Allied Health – covering sessions on vision, nutrition, podiatry, physio (mobility aids), pharmacy, personal alarms.

The program is a holistic approach toward the prevention of falls and being more risk aware. If you are interested in attending or would like more information, please contact the office on **4973 3855** (line 1). We are looking for expressions of interest, no dates have been set at this time.



This month's movie:

"True Spirit"

"True Spirit" follows the story of our own Jessica Watson, who at 16 set sail to attempt a solo circumnavigation the globe.

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.

Opening hours: 8:30am-4:00pm, Monday to Friday.

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