

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

FEBRUARY 2023

Mon 30 Jan	Tues 31 Jan	Wed 1 Feb	Thurs 2 Feb	Fri 3 Feb
Active, Stronger, Better with Deb 10:30am - 11:30am Or Coffee Club Secret Location	Scenic Drive and Lunch at a secret location	Exercises with Mel 9.00-9.45am Or Men's Group Or Novacare Technology Support at home Or Varied Activities and Lunch	Shopping Shuttle Lake Fair Mt Hutton 10:00am - 12:00pm Please Note One bus only	Strength, Balance, Relax with Deb 12:15pm - 1:00pm Or Scenic Drive and Lunch at Wangi Workers Club
Mon 6 Feb	Tues 7 Feb	Wed 8 Feb	Thurs 9 Feb	Fri 10 Feb
Coffee Club Blackbutt Reserve Or Strength, Balance, Relax with Deb 12:15pm - 1:00pm	Valentine's Day Craft with Friends at Swansea and Lunch	Men's Group Or Exercises with Mel 9:00am - 9:45am	Creative activities and Lunch at Arteas Please Note No shopping shuttle	Strength, Balance, Relax with Deb 12:15pm - 1:00pm Or Scenic Drive and Lunch at Murrays Beach
Mon 13 Feb	Tues 14 Feb	Wed 15 Feb	Thurs 16 Feb	Fri 17 Feb
Active, Stronger, Better with Deb 10:30am - 11:30am Or Coffee Club Swansea RSL	Scenic Drive to Cooranbong and Elephant Shop Lunch at Morisset RSL	Exercises with Mel 9:00am - 9:45am Or Men's Group Or Varied Activities and Lunch	Shopping Shuttle Lake Fair Mt Hutton 10:00am - 12:00pm Please Note One bus only	Strength, Balance, Relax with Deb 12:15pm - 1:00pm Or Scenic Drive Lunch at Toronto Hotel
Mon 20 Feb	Tues 21 Feb	Wed 22 Feb	Thurs 23 Feb	Fri 24 Feb
Active, Stronger, Better with Deb 10:30am - 11:30am Or Coffee Club Cassowary Café	Craft with Friends and Lunch	Exercises with Mel 9:00am - 9:45am Or Men's Group	Creative activities and Lunch at Arteas Please Note No shopping shuttle	Scenic Drive and Lunch at secret location
Mon 27 Feb	Tues 28 Feb			
Active, Stronger, Better with Deb 10:30am - 11:30am Or Coffee Club Secret Location	Scenic drive and BBQ Lunch at Blackbutts Reserve			

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.

Do take advantage of the February sunshine and join the Swansea family of friends for one of our outdoor activities on offer.



It is the month to celebrate love in all its forms so remember to tell the ones around you how much you appreciate them!

We appreciate you and want to spoil you this month with some fun activities and outings! Happy Valentines Day.



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.