

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

BOOK NOW

4963 6356

or 1300 363 654

SEPTEMBER 2023

Monday 28 August	Tuesday 29 August	Wednesday 30 August	Thursday 31 August	Friday 1 Sept
Milpara Day Centre Or Cycling Without Age Warners Bay	Active.Stronger.Better Circuit Or Gosford Art Gallery Edogawa Japanese Gardens Lunch: Top Point Café Or Lunch Outing	Active.Stronger.Better Or Men's Group	Morning Tea at Tinto Espresso Toronto Lunch: Wangi Workers Or Bingo	Scenic Drive Lunch: Fish & Chips
Monday 4 Sept	Tuesday 5 Sept	Wednesday 6 Sept	Thursday 7 Sept	Friday 8 Sept
STAFF TRAINING CENTRE CLOSED	Active.Stronger.Better Circuit Or Scenic Drive Lunch: Lil Buddha Salamander Bay	Active.Stronger.Better Or Men's Group	Bingo Or Scenic Drive Lunch: The Wicko Or Hamilton TAFE Dinner \$40 incl. 3 course meal and transport	Scenic Drive Lunch: Commercial Hotel Boolaroo
Monday 11 Sept	Tuesday 12 Sept	Wednesday 13 Sept	Thursday 14 Sept	Friday 15 Sept
Milpara Day Centre Art Class Or Scenic Drive Lunch: Kahibah Sports Club	Active.Stronger.Better Circuit Or Cycling Without Age Blacksmiths / Swansea	Active.Stronger.Better Or Men's Group	Bingo Or Lunch Outing Or Nova Cruises Lunch on the Lake \$75 incl. transport, morning tea, lunch and cruise	Scenic Drive Lunch: Brown Sugar Warners Bay 2 courses for \$30
Monday 18 Sept	Tuesday 19 Sept	Wednesday 20 Sept	Thursday 21 Sept	Friday 22 Sept
Milpara Day Centre Art Class Or Morning Tea at Murray's Beach Lunch: Swansea RSL	Active.Stronger.Better Circuit Or Irukandji Shark & Ray Centre Anna Bay	Active.Stronger.Better Or Men's Group	Karuah BBQ, Prawns, Oysters Or Bingo	Scenic Drive Lunch: West Wallsend Workers Club
Monday 25 Sept	Tuesday 26 Sept	Wednesday 27 Sept	Thursday 28 Sept	Friday 29 Sept
Milpara Day Centre Art Class Or The Yard Brewery Morisset Or Scenic Drive Lunch: The Boatshed Bonnells Bay	Active.Stronger.Better Circuit Or Pies in the Park Morpeth Pat the Alpacas	Active.Stronger.Better Or Men's Group	Bingo Or Pokolbin Village Lunch: The Cellar Restaurant \$ Or Lunch Outing	Morning Tea at Eleebana Lunch: Pelican RSL

Save the date

Milpara's Xmas Party is at Brown Sugar at Warners Bay on **Thursday 7 December**. Your prepayment and menu selection needs to be made two weeks prior to the event.

Everyone has noticed the cost of everyday items going up, we are noticing the cost of the lunch time specials are also going up and in some cases, places we frequent no longer have lunch time specials. Please factor this in when you are booking into outings.

Out and about!



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**.