

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

SEPTEMBER 2023

Monday 28 August	Tuesday 29 August	Wednesday 30 August	Thursday 31 August	Friday 1 Sept
Active, Stronger, Better with Deb 10:30am - 11:30am Or Coffee Club	Bus Trip to Lone Star Rib House	Exercises with Mel 9:00am - 9:45am Or Men's Group Bus Outing and Lunch Or Newcastle Art Gallery and Lunch	Shopping Shuttle Lake Macquarie Fair Shopping Centre at Mt Hutton Bus 1 from 8:30am Bus 2 from 11:00am	Strength, Balance, Relax with Deb 12:15pm - 1:00pm Or Scenic drive and Lunch at Hale Kulani Budgewoi
Monday 4 Sept	Tuesday 5 Sept	Wednesday 6 Sept	Thursday 7 Sept	Friday 8 Sept
Active, Stronger, Better with Deb 10:30am - 11:30am Or Coffee Club Swansea RSL	Swansea Centre Swing into Spring Craft and Lunch	Exercise at Swansea 9:00am - 9:45am Or Men's Group Outing and Lunch Or Fish and Chip Lunch on the Lake (small group) Or Novacare Technology Support in your Home	Shopping Shuttle Lake Macquarie Fair Shopping Centre at Mt Hutton Bus 1 from 8:30am Bus 2 from 11:00am Or Michelle's Mystery Tour and Lunch	Strength, Balance, Relax with Deb 12:15pm - 1:00pm Or Scenic drive to Shelley Beach and Lunch
Monday 11 Sept	Tuesday 12 Sept	Wednesday 13 Sept	Thursday 14 Sept	Friday 15 Sept
Active, Stronger, Better with Deb 10:30am - 11:30am Or Coffee Club Summerland Point	Bus Trip to Hunter Valley Zoo and Picnic Lunch \$25 Entry fee (TBC)	Exercise at Swansea 9:00am - 9:45am Or Men's Group Outing and Lunch Or Novacare Technology Support in your Home	Shopping Shuttle Lake Macquarie Fair Shopping Centre at Mt Hutton Bus 1 from 8:30am Bus 2 from 11:00am Or Creative Activities at Swansea and Lunch	Strength, Balance, Relax with Deb 12:15pm - 1:00pm Or BBQ Lunch at Blackbutt Reserve
Monday 18 Sept	Tuesday 19 Sept	Wednesday 20 Sept	Thursday 21 Sept	Friday 22 Sept
Active, Stronger, Better with Deb 10:30am - 11:30am Or Coffee Club Murrays Beach Café	Swansea Centre Entertainment and Lunch	Exercise at Swansea 9:00am - 9:45am Or Men's Group Outing and Lunch Or Cycling Without Age Or Novacare Technology Support in your Home	Shopping Shuttle Lake Macquarie Fair Shopping Centre at Mt Hutton Bus 1 from 8:30am Bus 2 from 11:00am Or Scenic drive to Shelley Beach and Lunch	Strength, Balance, Relax with Deb 12:15pm - 1:00pm Or Bus Trip to Heatherbrae Botanic Gardens and Lunch at Hexham Bowling Club
Monday 25 Sept	Tuesday 26 Sept	Wednesday 27 Sept	Thursday 28 Sept	Friday 29 Sept
Active, Stronger, Better with Deb 10:30am - 11:30am Or Coffee Club Blackbutt Reserve	Heatherbrae Botanic Gardens and Lunch	Exercise at Swansea 9:00am - 9:45am Or Men's Group Outing and Lunch Or Novacare Technology Support in your Home	Shopping Shuttle Lake Macquarie Fair Shopping Centre at Mt Hutton Bus 1 from 8:30am Bus 2 from 11:00am Or Creative Activities at Swansea and Lunch	Strength, Balance, Relax with Deb 12:15pm - 1:00pm Or Bus Trip to Hunter Valley Zoo and Picnic Lunch \$25 Entry fee (TBC)

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.





Cycling Without Age Hunter

FREE Community Rides

Our volunteers will be providing weekly rides at the below locations:

NEWCASTLE EVERY TUESDAY: 10AM TO 12PM	Location: Nobbys Foreshore Park (near the carpark closest to Nobbys Breakwall)
SPEERS POINT EVERY WEDNESDAY: 10AM TO 12PM	Location: Speers Point Park (near Table 1 Espresso)
SWANSEA EVERY THURSDAY: 10AM TO 12PM	Location: Humphreys Reserve, Swansea (off Dobinson Drive / near boat ramp)

*** Rides are subject to change - any changes will be posted on our Facebook & Instagram pages ***

Cycling Without Age connects elderly people and those less-abled with their community and the outdoors by giving them free rides on trishaw ebikes, piloted by volunteer cyclists.



Take advantage of our **Weekly Shopping Shuttle** service to Lake Macquarie Fair Shopping Centre at Mt Hutton. Two hours of shopping at your leisure and door to door service!



The **Novacare Green Team** are keen to get the word out about recycling!!

Did you know that the Swansea Centre is a drop off centre for your extra items for recycling such as tooth brushes, tooth paste containers, batteries, (including hearing aids batteries) and printer cartridges?

Keep an eye out for the Green Team Flyer with full details coming soon!



What a wonderful time we had in August. We are all looking forward to making more memories with you as we Swing into Spring.

