

## 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**

## NOVEMBER 2023

Monday 30 Oct	Tuesday 31 Oct	Wednesday 1 Nov	Thursday 2 Nov	Friday 3 Nov
Seniors Centre 9:30am - 2:00pm <b>Or</b> Dance4Wellbeing 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Happy Hour 2:30pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Shopping Shuttle Lake Haven	Seniors Centre 9:30am - 2:00pm <b>Or</b> Walkie Talkies Walking Group 9:30am	Seniors Centre 9:30am - 2:00pm Steam Powered Hydro Pool 1:00pm
Monday 6 Nov	Tuesday 7 Nov	Wednesday 8 Nov	Thursday 9 Nov	Friday 10 Nov
Seniors Centre 9:30am - 2:00pm <b>Or</b> Active-Stronger-Better 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> OP Shop - Bus Tour 9:30am	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Food with Friends 9:30am	Seniors Centre 9:30am - 2:00pm <b>Or</b> Steam Powered Hydro Pool 1:00pm
Monday 13 Nov	Tuesday 14 Nov	Wednesday 15 Nov	Thursday 16 Nov	Friday 17 Nov
Seniors Centre 9:30am - 2:00pm <b>Or</b> Dance4Wellbeing 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Outing TRIKES & BBQ 9:30am at Speers Point Park	Seniors Centre 9:30am - 2:00pm <b>Or</b> Shopping Shuttle Tuggerah 9:30am	Seniors Centre 9:30am - 2:00pm <b>Or</b> Walkie Talkies Walking Group 9:30am	Seniors Centre 9:30am - 2:00pm <b>Or</b> Steam Powered Hydro Pool 1:00pm
Monday 20 Nov	Tuesday 21 Nov	Wednesday 22 Nov	Thursday 23 Nov	Friday 24 Nov
Seniors Centre 9:30am - 2:00pm <b>Or</b> Active-Stronger-Better 2:00pm	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Movie Moguls 2:15pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Food with Friends 9:30am	Seniors Centre 9:30am - 2:00pm <b>Or</b> Steam Powered Hydro Pool 1:00pm
Monday 27 Nov	Tuesday 28 Nov	Wednesday 29 Nov	Thursday 30 Nov	
Seniors Centre 9:30am - 2:00pm <b>Or</b> Dance4Wellbeing 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Happy Hour 2:30pm	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Walkie Talkies Walking Group 9:30am	



Like us on Facebook and Share the news!

[www.facebook.com/NovaCareCommunityServices](https://www.facebook.com/NovaCareCommunityServices)

## SPOTLIGHT – Steam Powered HYDRO

Every Friday at 1:00pm  
(except school holidays)

**COST: \$10 Bus (+ \$6 pool entry)**  
Conditions apply

If you like the weightlessness of being in water, if your muscles ache or you find it hard to walk, this is for you. We can transport you on our bus or you can meet us there if you prefer. The water is always a pleasant temperature. The pool is indoors and so weather is never an issue. The staff are very friendly and helpful, and the facilities are very nice.

We have a lovely group who attend – they do their own exercises or just walk up and down the pool having a chat and a laugh, or float on their pool noodles. We also have a NovaCare staff member there to keep an eye on things and to assist in and out of the pool if required. If you would like to join in the fun a do some gentle exercise, call the office **4973 3855**.



## Monthly Outings

This month we are going to hold two outings, you can pick which one you want to attend or do both ... get in early as seats are limited.

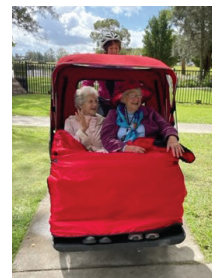
### OP SHOP BUS TOUR - Tuesday 7 November

We will head off and hit some of our favourite op-shops locally, we will stop for morning tea in between shops. Bag a bargain, pick up a treasure, browse the bric-a-brac or just come to look around, enjoy a chat and a laugh together. Maybe bring a bag of clothes to donate if you like. Or just come for the company, a day out or the morning tea ... with the change of season they will have their summer stock out now. Cost – \$10 (plus cash for your morning tea).



### TRIKES & BBQ - Tuesday 14 November

We are heading to Speers Point Park for a Ride on the Trikes and a BBQ lunch. Feel the wind in your hair and the Spring sun on your face and enjoy the views along beautiful Lake Macquarie as our trained pilots peddle you along, it's great fun. Then have a yummy sausage sandwich under the trees in the park. Transport to and from. Cost – \$15 (Bus and Lunch).



## MOVIE MOGULS presents:

### NYAD

Wednesday 22 November, 2:15pm

Nyad, a biopic based on author, journalist, and swimmer Diana Nyad. At the age of 64, she attempts to swim the 110-mile distance from Cuba to Florida without the aid of a shark cage ... starring Annette Bening and Jodie Foster

*No, spoiler alert ... you will have to come to the movie to see if she makes 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**.