

## 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](mailto:support@novacare.org.au)

### NOVEMBER 2023

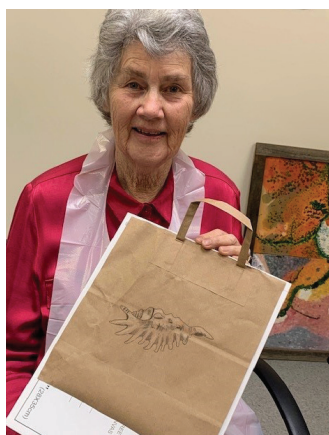
Monday 30 Oct	Tuesday 31 Oct	Wednesday 1 Nov	Thursday 2 Nov	Friday 3 Nov
Active, Stronger, Better with Deb 10:30am - 11:15am <b>Or</b> Coffee Club Mawson's Caves Beach	Xmas Craft at the Centre and local lunch	Exercise at Swansea 9:00am - 9:45am <b>Or</b> Technical support for your phone, computer or iPad at home <b>Or</b> Men's Group bus trip and lunch <b>Or</b> Bus trip and Lunch at Budgewoi Hotel	Scenic drive to "The Yard" Brewery and Lunch in M <b>Or</b> Shop 'til you drop at Lake Haven Centre Come and browse the shops or have a cuppa with one of our fabulous volunteers!	Strength, Balance, Relax with Deb 12:15pm - 1:00pm <b>Or</b> Bus trip to Blackbutt Reserve and BBQ lunch
Monday 6 Nov	Tuesday 7 Nov	Wednesday 8 Nov	Thursday 9 Nov	Friday 10 Nov
Active, Stronger, Better with Deb 10:30am - 11:15am <b>Or</b> Coffee Club at Murrays Beach Café	Melbourne Cup Day! Nibbles + Sweeps + Hats + Frocks! Late start so nobody misses the action!!	Exercise at Swansea 9:00am - 9:45am <b>Or</b> Men's Group Outing and Lunch <b>Or</b> Technical support for your phone, computer or iPad at home <b>Or</b> Lakeside Picnic in the park while the sun is shining!	Sketching with Fran and lunch in the outdoors <b>Or</b> Get in early with your Christmas Shopping! Shuttle goes to Lake Fair for 2 hours to browse or shop!	Strength, Balance, Relax with Deb 12:15pm - 1:00pm <b>Or</b> Bus Trip and Lunch at Bonnell's Bay Hotel
Monday 13 Nov	Tuesday 14 Nov	Wednesday 15 Nov	Thursday 16 Nov	Friday 17 Nov
Active, Stronger, Better with Deb 10:30am - 11:15am <b>Or</b> Coffee Club - High Tea	Monet's Birthday Let's make a beautiful Table Mat - Monet style! And lunch in the centre	Exercise at Swansea 9:00am - 9:45am <b>Or</b> Men's Group Outing and Lunch <b>Or</b> Lunch at Gwandalan Bowling Club <b>Or</b> Technical support for your phone, computer or iPad at home	Shopping Shuttle to Lake Fair Picking up from 9:30am 2 hours to shop! <b>Or</b> Fish and Chips on the foreshore, Newcastle	Strength, Balance, Relax with Deb 12:15pm - 1:00pm <b>Or</b> Scenic drive and Lunch at Caves Beach Hotel
Monday 20 Nov	Tuesday 21 Nov	Wednesday 22 Nov	Thursday 23 Nov	Friday 24 Nov
Active, Stronger, Better with Deb 10:30am - 11:15am <b>Or</b> Coffee Club at Iris Lodge Alpacas Farm Jilliby (\$35 entrance fee)	Bus trip to Steptoe's 2nd Hand Store, Kurri Kurri and Lunch	Exercise at Swansea 9:00am - 9:45am <b>Or</b> Men's Group Outing and Lunch <b>Or</b> Novacare Technology Support in your Home <b>Or</b> Shopping at Lake Haven and morning tea	Shopping Shuttle to Lake Fair <b>Please note One bus only</b> Picking up from 9:30am 2 hours to shop! <b>Or</b> Christmas Craft with Fran and Lunch	Strength, Balance, Relax with Deb 12:15pm - 1:00pm <b>Or</b> Make A Friend Friday BBQ at Sandy Beach
Monday 27 Nov	Tuesday 28 Nov	Wednesday 29 Nov	Thursday 30 Nov	
Active, Stronger, Better with Deb 10:30am - 11:15am <b>Or</b> Coffee Club outdoors	Xmas Craft at the Centre and Lunch	Christmas Shopping at Lake Fair or have a cuppa with staff Two hours to browse!	Scenic drive and Lunch at Belmont Golf Club	

Sketching class produced some lovely work last month. Inspiration from natural objects was the theme and we used recycled Woolworths bags. They come complete with their own hanger.

Thinking GREEN in our daily lives and turning trash into treasures! The Tuesday craft days involved a beautiful combination of mosaic-making and potting beautiful succulents sprouted by our very green-thumbed Michelle!

So don't go potty inside at home - come and join the Swansea family of friends for one of fabulous creative activities on offer this month.

Thank you from the Green Team.



Melbourne Cup has galloped around the straight to arrive at Swansea Centre on 7 November so book your spot, pick out your party duds and join us on the day!



Christmas is a coming! As this programme goes to print there are only 77 days until Santa loads up the sleigh so join us on the shopping shuttle to Lake Fair and Lake Haven Centres to beat the crowds!

Book with Fran or Michelle to confirm your spot!



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.