

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

MARCH 2024

Mon 26 Feb	Tues 27 Feb	Wed 28 Feb	Thurs 29 Feb	Fri 1 March
Games Day at Milpara Fish & Chips Lunch	Active, Stronger, Better Circuit Or Scenic Drive Lunch: Barry Park BBQ	Active, Stronger, Better Or Men's Group	Bingo Or Morning Tea, Lunch and Concert Cardiff RSL Or Lunch: The Swordfish Co. Budgewoi	Scenic Drive Lunch: Macadamia Farm
Mon 4 March	Tues 5 March	Wed 6 March	Thurs 7 March	Fri 8 March
Milpara Day Centre Or Scenic Drive Lunch: Swansea Hotel	Active, Stronger, Better 11:00am - 11:50am Or Hunter Valley Chocolate Shop Smelly Cheese Shop Lunch: TBA	Active, Stronger, Better Or Men's Group	Bingo Or Hunter Valley Zoo BBQ Lunch Price: TBA	Lake Macquarie Cruise \$75.00 includes transport Or Lunch only Club Stockton
Mon 11 March	Tues 12 March	Wed 13 March	Thurs 14 March	Fri 15 March
SENIORS FESTIVAL Games Day at Milpara Lunch: Party Food	Seniors Fun Day at Club Lambton Variety of games to try. Come and have some fun with us. 10:00am - 3:00pm Free Morning tea, BBQ Lunch and Afternoon Tea	Active, Stronger, Better Or Men's Group	Bingo Or Morning tea, Lunch and concert Cardiff RSL Or Scenic Drive Lunch : Sunnyside Tavern	Scenic Drive Lunch: Lemon Grove Hotel Wallsend
Mon 18 March	Tues 19 March	Wed 20 March	Thurs 21 March	Fri 22 March
Milpara Day Centre Or Scenic Drive Lunch: Windsor Castle Hotel East Maitland	Active, Stronger, Better 11:00am - 11:50am Or Ken's Mystery Tour	Active, Stronger, Better Or Men's Group	CHARITY DAY Soul Hub \$10.00 donation to Soul Hub on the day. Raffles and games to raise money for Soul Hub Charity. BBQ Lunch	Dave's Mystery Tour
Mon 25 March	Tues 26 March	Wed 27 March	Thurs 28 March	Fri 29 March
Games Day at Milpara Lunch: Mexican	Active, Stronger, Better 11:00am - 11:50am Or Alison Homestead Wyong \$45.00 Incl. transport, Morning tea, Lunch and dessert	Active, Stronger, Better Or Men's Group	Bingo Or Morning tea, Lunch and Concert Cardiff RSL Or Scenic Drive Lunch: Toronto Hotel	CLOSED GOOD FRIDAY



Like us on Facebook and Share the news!

www.facebook.com/NovaCareCommunityServices

Closed Good Friday and Easter Monday

The NovaCare office and all of our social centres will be closed on:

Friday 29 March and Monday 1 April due to the Easter long weekend. A reminder there will be no CHSP services on the public holidays. **Happy Easter!**

CHARITY DAY Soul Hub

Thursday 21 March

We are holding a charity day for Soul Hub with raffles, games and a BBQ lunch.

Soul Hub was the vision of Life Church and was formally established in 2003 as Soul Cafe. The vision was to build a charity dedicated to helping the most vulnerable in our community. As well as serving up meals, they wanted to go beyond this to cater to the *whole* person.

The guests who come through Soul's doors today are from all walks of life. We see large levels of brokenness, homelessness and mental challenges, but we never judge. We're simply here to offer sustenance, a friendly face, and many other types of essential support.

From accommodation to drug and substance abuse programs, haircuts, laundry and legal and medical services, whatever our guests need, we help them access it. Most importantly we deliver hope - *hope that people care and that lives can heal.*

INVITATION



NSW Seniors Festival

NovaCare are celebrating Seniors Week by hosting a free community event to anyone aged over 65 years.

We will have a variety of activities to try such as bingo and lawn games, or simply sit back and enjoy the music. Our dedicated Cycling Without Aged volunteers will have the Trishaws circling the park. On the green you can experience Active Stronger Better with Deb Moore.

Morning, afternoon tea and lunch will be provided.

Date: Tuesday 12 March 2024.

Time: 10:00am till 3:00pm.

Address: Club Lambton, 51 Karoola Road, Lambton.

RSVP: Please call **1300 363 654** by 4.3.24.



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.