

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

MARCH 2024

Mon 26 Feb	Tues 27 Feb	Wed 28 Feb	Thurs 29 Feb	Fri 1 March
Seniors Centre 9:30am - 2:00pm Or Active-Stronger-Better 2:00pm	Seniors Centre 9:30am - 2:00pm Or Happy Hour 2:30pm	Seniors Centre 9:30am - 2:00pm Or Shopping Shuttle Tuggerah 9:30am	Seniors Centre 9:30am - 2:00pm Or Food with Friends	Seniors Centre 9:30am - 2pm Or Steam Powered Hydro Pool 1:00pm
Mon 4 March	Tues 5 March	Wed 6 March	Thurs 7 March	Fri 8 March
Seniors Centre 9:30am - 2:00pm Or Dance4Wellbeing 2:00pm	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm Or Walkie Talkies Walking Group 9:30am	Seniors Centre 9:30am - 2pm Or Steam Powered Hydro Pool 1:00pm
Mon 11 March	Tues 12 March	Wed 13 March	Thurs 14 March	Fri 15 March
Seniors Centre 9:30am - 2:00pm Or Active-Stronger-Better 2:00pm	Seniors Centre 9:30am - 2:00pm Or SENIORS FESTIVAL EVENT 10:00am - 3:00pm	Seniors Centre 9:00am - 2:00pm Or Shopping Shuttle Lake Haven 9:30am	Seniors Centre 9:30am - 2:00pm Or Food with Friends	Seniors Centre 9:30am - 2pm Or Steam Powered Hydro Pool 1:00pm
Mon 18 March	Tues 19 March	Wed 20 March	Thurs 21 March	Fri 22 March
Seniors Centre 9:30am - 2:00pm Or Dance4Wellbeing 2:00pm	Seniors Centre 9:30am - 2:00pm Or Local Shopping Bus 9:30am	Seniors Centre 9:30am - 2:00pm Or Movie Moguls 2:15pm	Seniors Centre 9:30am - 2:00pm Or Walkie Talkies Walking Group 9:30am	Seniors Centre 9:30am - 2pm Or Steam Powered Hydro Pool 1:00pm
Mon 25 March	Tues 26 March	Wed 27 March	Thurs 28 March	Fri 29 March
Seniors Centre 9:30am - 2:00pm Or Active-Stronger-Better 2:00pm	Seniors Centre 9:30am - 2:00pm Or Happy Hour 2:30pm Maintenance program after the Falls Program	Seniors Centre 9:30am - 2:00pm Or Shopping Shuttle Tuggerah 9:30am	Seniors Centre 9:30am - 2:00pm Or Food with Friends	CLOSED GOOD FRIDAY



Like us on Facebook and Share the news!

www.facebook.com/NovaCareCommunityServices

SPOTLIGHT

Walkie Talkies

Fortnightly on a Thursday we take a group out for a walk around various places across our beautiful Lake Macquarie area. We have participants at all different levels of fitness and mobility, even some bring their 4 wheeled walkers (a seat if you get tired). We endeavour to find paths that are relatively flat, some seating for rest stops and toilets nearby. We call ourselves the Walkie Talkies – as there is lots of talking, laughs and fun as we enjoy the fresh air and views around our stunning area, as we get mobile and do some walking. We often enjoy each other's company over a coffee and a light lunch if there is somewhere nearby after our walk. If you would like to join us and want more information, please contact us on **4973 3855** (line 1).



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!**

INVITATION



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.

MOVIE MOGULS presents:

The Fundamentals of Caring
Wednesday 20 March, 2:15pm

This charming, heartwarming road trip dramedy stars **Paul Rudd** as Ben Benjamin (yes, that's his name), an unemployed writer searching for meaning in his life after an unfathomable tragedy. Hoping to remedy his situation, he enrolls in a caregiving class and is paired with Trevor (**Craig Roberts**), a darkly humoured, cynical teenager with Duchenne Muscular Dystrophy who is not exactly keen on leaving the house or having a caregiver.



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.