

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

MARCH 2024

Mon 26 Feb	Tues 27 Feb	Wed 28 Feb	Thurs 29 Feb	Fri 1 March
Active, Stronger, Better with Deb 10:30am - 11:30am Or Coffee Club Poppy's Nursery Café	Scenic Drive Lunch: Wallarah Recreation Club	Exercises at the Centre 9:00am - 9:45am Or Men's Group Bus Trip and Lunch	Shopping Shuttle bus to Lake Fair 2 hours to shop! One bus only Pickups start from 9:00am Limit, 4 light bags please Or Creative activities at the Centre and Lunch at a nearby Café / Club	Exercises with Deb 12:15pm - 1:00pm in the Centre Or Scenic drive to Speers Point Park and BBQ lunch
Mon 4 March	Tues 5 March	Wed 6 March	Thurs 7 March	Fri 8 March
Active, Stronger, Better with Deb 10:30am - 11:30am Or Coffee Club Murrays Beach Café Or Tech support in the Centre 2:00pm - 3:00pm Bookings essential Or Belmont Citi Centre Shopping Shuttle pickups from 1:00pm 90 minutes to browse or have a cuppa!	1st Week of Falls Prevention Program at Swansea Centre Cost and details overleaf And / Or BINGO Bonanza at Swansea Centre and Lunch	Active, Stronger, Better with Deb 9:00am - 9:45am Or Men's Group Bus Trip and Lunch	Shopping Shuttle bus to Lake Fair 2 hours to shop! One bus only Pickups start from 9:00am Limit, 4 light bags please Or Hunter Valley Zoo and Picnic Lunch	Exercises with Deb 12:15pm - 1:00pm in the Centre Or Scenic drive to Market St. Café Wangi and Lunch
Mon 11 March	Tues 12 March	Wed 13 March	Thurs 14 March	Fri 15 March
Active, Stronger, Better with Deb 10:30am - 11:30am Or Coffee Club 16 Footers	2nd Week of Falls Prevention Program at Swansea Centre and Lunch locally Or SENIORS FESTIVAL at Lambton and Lunch	Exercises at the Centre 9:00am - 9:45am Or Men's Group Bus Trip and Lunch Or Brunch in the Hunter Valley	Shopping Shuttle bus to Lake Fair 2 hours to shop! One bus only Pickups start from 9:00am Limit, 4 light bags please Or Sketching class and Lunch at a nearby café	Exercises with Deb 12:15pm - 1:00pm in the Centre Or Newcastle Museum and Lunch nearby
Mon 18 March	Tues 19 March	Wed 20 March	Thurs 21 March	Fri 22 March
Active, Stronger, Better 10:30am - 11:30am Or Coffee Club Lakeside Morning Ttea Or Afternoon Tea at Cassowary Café Belmont 2:00pm - 3:00pm	3rd Week of Falls Prevention Program at Swansea Centre Or Sing Australia Concert and Lunch at Centre	Exercises at the Centre 9:00am - 9:45am Or Men's Group Bus Trip and Lunch	Shopping Shuttle bus to Lake Fair 2 hours to shop! One bus only Pickups start from 9:00am Limit, 4 light bags please Or Lunch at Criniti's Italian Restaurant at Kotara Westfield	Exercises with Deb 12:15pm - 1:00pm in the Centre Or Scenic drive to Raymond Terrace and The Rectory Café for Lunch
Mon 25 March	Tues 26 March	Wed 27 March	Thurs 28 March	Fri 29 March
Active, Stronger, Better with Deb 10:30am - 11:30am Or Coffee Club Swansea RSL	4th Week of Falls Prevention Program at Swansea Centre Lunch at the centre And / Or Easter Traditions around the world at the Centre and Lunch	Exercises at the Centre 9:00am - 9:45am Or Men's Group Bus Trip and Lunch	Leap Year Trivia Games Lunch locally Or Sketching Class and Lunch at a nearby Café	CLOSED GOOD FRIDAY

SWANSEA NEWS!

'Falls Prevention' Program



We are very excited to announce that the Falls Prevention Program 2024 starts this month at the Swansea Centre. It will run for 7 weeks every Tuesday, starting 5 March - 16 April with a booster morning on Tuesday 14 May.

The cost for the 8 weeks (includes a follow up morning in May) is \$40 for Novacare consumers. For non Novacare participants the cost is \$50. Payment can be made at \$5 per week if you are unable to attend the full program.

Transport is available for Novacare consumers.

This program is recommended highly to support your overall health, mobility, and balance.

For information or to book please contact Fran or Michelle in the Swansea office. Phone: **4972 1318**.

Men's Group

Spread the word to your menfolk, family friend or neighbour about the Swansea Men's Group! Every Wednesday two buses leave from Swansea to pick up consumers for an outdoor morning tea (weather permitting) and lunch in a local pub or club. This is a special opportunity for men to enjoy each other's company.



Outings

We hope you notice there are some extra short outings in our program this month, including a local shopping trip and an early afternoon outing. As always there are lots of interesting activities to choose from through the month.



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!**

Seniors Festival

Tuesday 12 March

NovaCare are celebrating Seniors Week by hosting a free community event to anyone aged over 65 years. There will be a variety of activities including Active Stronger Better, bingo, lawn games, trishaw bikes, music with lunch and morning tea included.

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.