

## Take a look at what's on this month and join in the fun! SWANSEA SOCIAL CALENDAR SEPTEMBER 2024

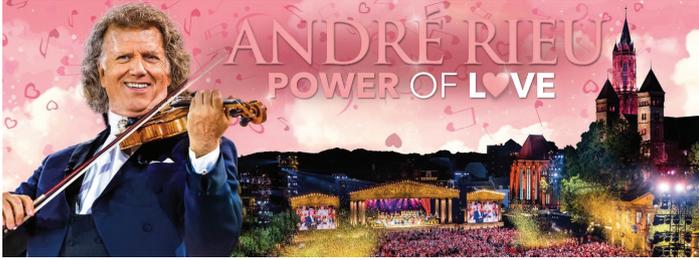
For information or bookings, please call us on **4972 1318** or **1300 363 654** or email [support@novacare.org.au](mailto:support@novacare.org.au)

Mon 2 September	Tues 3 September	Wed 4 September	Thurs 5 September	Fri 6 September
Active, Stronger, Better 10:30am - 11:15am <b>Or</b> Coffee Club Café 360 Belmont <b>And / Or</b> Strength, Balance, Relax 1:00pm - 1:45pm	Scenic Drive Manning Park and Lunch at Olive Tree Brasserie Summerland Point	Active, Stronger, Better 9:00am - 9:45am <b>Or</b> Men's Group Bus Outing <b>Or</b> Relaxation / Meditation at the Centre 11:00am <b>Or</b> Andre Rieu's 2024 Maastricht Concert Charlestown Cinema	Shopping Shuttle 2 hours at Lake Fair <b>Or</b> "Let's get Creative" at the Centre and Lunch	Strength, Balance, Relax 12:15pm - 1:00pm <b>Or</b> Lunch at "3 Sicilians" Mex Club Mayfield
Mon 9 September	Tues 10 September	Wed 11 September	Thurs 12 September	Fri 13 September
Active, Stronger, Better 10:30am - 11:15am <b>Or</b> Coffee Club on Newcastle Foreshore <b>And / Or</b> Strength, Balance, Relax 1:00pm - 1:45pm	Bingo and Games at the Centre and Lunch	Active, Stronger, Better 9:00am - 9:45am <b>Or</b> Men's Group Bus Outing <b>Or</b> Tech Support	Shopping Shuttle 2 hours at Lake Fair <b>Or</b> Bus outing to Blue Gum Park and Lunch at Minmi Hotel	Strength, Balance, Relax 12:15pm - 1:00pm <b>Or</b> Scenic drive to Frazer Beach and Lunch at The "Doyle"
Mon 16 September	Tues 17 September	Wed 18 September	Thurs 19 September	Fri 20 September
Active, Stronger, Better 10:30am - 11:15am <b>Or</b> Coffee Club Spring High Tea by the Lake <b>And / Or</b> Strength, Balance, Relax 1:00pm - 1:45pm	Loop the Lake to Wangi Wangi and Lunch	Active, Stronger, Better 9:00am - 9:45am <b>Or</b> Men's Group Bus Outing <b>Or</b> Relaxation / Meditation at the Centre 11:00am	Shopping Shuttle 2 hours at Lake Haven <b>Or</b> Outdoor Sketch class and Lunch	Strength, Balance, Relax 12:15pm - 1:00pm <b>Or</b> Scenic Drive to Sandy Beach and Lunch at Gwandalan Bowling Club
Mon 23 September	Tues 24 September	Wed 25 September	Thurs 26 September	Fri 27 September
Active, Stronger, Better 10:30am - 11:15am <b>Or</b> Coffee Club Belmont 16 Footers <b>And / Or</b> Strength, Balance, Relax 1:00pm - 1:45pm	Rathmines Wangi Singers at the Centre and Lunch	Active, Stronger, Better 9:00am - 9:45am <b>Or</b> Men's Group Bus Outing	Shopping Shuttle 2 hours at Lake Fair <b>Or</b> Cycling Without Age at Swansea and Lunch	Strength, Balance, Relax 12:15pm - 1:00pm <b>Or</b> BBQ at Blackbutts Reserve and Scenic Drive
Mon 30 September				
Active, Stronger, Better 10:30am - 11:15am <b>Or</b> Coffee Club BBQ breakfast at Blackbutts Reserve <b>And / Or</b> Strength, Balance, Relax 1:00pm - 1:45pm <b>And / Or</b> Shopping Belmont Coles Citi Centre 2:00pm 2 hours to shop				

# SWANSEA NEWS!

Wednesday 4 September

The ever-popular Maestro Andre Rieu' needs no introduction ! These tickets will sell fast, so book early!



Monday 16 September

Spring has finally arrived so please join us for some fun and a fabulous lake-side morning tea.



Wednesdays 4 and 18 September

The Relaxation / Meditation group is a great opportunity to wind down any anxiety you may be experiencing and learn how to breathe through these busy times and find peace in your daily life, and it is super relaxing!



## AFTER HOURS CALLS AND CONTACT OVER THE WEEKEND.

NovaCare have a voice mail after-hours service in place. Any calls made to the after-hours voice mail inbox will be actioned the next business day. For example, if you call on Saturday to talk to your Case Manager about a service change it will be actioned on Monday morning.

NovaCare also have a support service called Safety-Link that supports the staff delivering service over the weekend to our

## Celebrating 100 years!

Our Swansea consumer Joan recently celebrated her 100th birthday with 3 parties! Wouldn't you! Special wishes for an amazing milestone !



home care package consumers. This is NOT an emergency service. In the case of an emergency please 000, the operator will direct you to the appropriate service.

We encourage all consumers to discuss any additional services requirements prior to the weekend where possible. We understand that care arrangements can change very quickly, our aim is to respond quickly to ensure we keep everyone living safely in their own home. Our after-hours service helps us achieve this.

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.