

Take a look at what's on this month and join in the fun!

TAYLORS BEACH SOCIAL CALENDAR

Day Trips from just \$10 plus expenses, Special Events and Taylors Beach Activities.

NovaCare Taylors Beach Social Centre: 6 Commerce Close, Taylors Beach

For bookings call **1300 363 654** or email taylorsb@novacare.org.au

JANUARY 2025

		Wed 1 January	Thurs 2 January	Fri 3 January
		CLOSED NEW YEARS DAY PUBLIC HOLIDAY	CLOSED	CLOSED
Mon 6 January	Tues 7 January	Wed 8 January	Thurs 9 January	Fri 10 January
RE OPEN	Exercises 10:30am - 11:15am Or The Lunch Bunch Pickups from 11:30am	Men's Group Or Coffee Club 10:30am - 12:30pm	Exercises 10:30am - 11:15am Or Coffee Club 10:30am - 12:30pm	Scenic Drive and Lunch Club Stockton 3 Sicilians
Mon 13 January	Tues 14 January	Wed 15 January	Thurs 16 January	Fri 17 January
	Exercises 10:30am - 11:15am Or The Lunch Bunch Pickups from 11:30am	Men's Group Or Coffee Club 10:30am - 12:30pm	Exercises 10:30am - 11:15am Or Coffee Club 10:30am - 12:30pm	Scenic Drive and Lunch Largs Bushranger Brasserie
Mon 20 January	Tues 21 January	Wed 22 January	Thurs 23 January	Fri 24 January
	Exercises 10:30am - 11:15am Or The Lunch Bunch Pickups from 11:30am	Men's Group Or Coffee Club 10:30am - 12:30pm	Exercises 10:30am - 11:15am Or Coffee Club 10:30am - 12:30pm	Scenic Drive Lunch Hunter Wetlands Spoonbill Café
Mon 27 January	Tues 28 January	Wed 29 January	Thurs 30 January	Fri 31 January
CLOSED AUSTRALIA DAY PUBLIC HOLIDAY	Exercises 10:30am - 11:15am Or The Lunch Bunch Pickups from 11:30am	Men's Group Or Coffee Club 10:30am - 12:30pm	Exercises 10:30am - 11:15am Or Coffee Club 10:30am - 12:30pm	Scenic Drive and Lunch Hexham Bowling Club



Like us on Facebook and Instagram and share the news!

www.facebook.com/NovaCareCommunityServices www.instagram.com/novacarenewy/

WELCOME BACK AND HAPPY NEW YEAR!



We hope everyone had a safe and happy New Year, and feel refreshed and ready for the start of 2025.

We can't wait to see how we will grow this year, as we continue our activities and outings, and build on friendships both old and new. Our regular activities have returned including Exercise class, Lunch Bunch, Coffee Club, Men's Group, and Friday Bus Outings.

Hope to see you!



EXCITING DEVELOPMENTS FOR TAYLORS BEACH!

As you may or may not be aware, Taylors Beach Social Centre will be receiving some renovations. These will begin mid-January and hopefully be completed late February / early March. We are looking forward to creating some new spaces to work, have fun, and relax in!



AUSTRALIA DAY!!

We celebrate Australia Day on Sunday 26 January. This is a great day to celebrate our diversity as a nation, reflect and respect, so put on your Akubra and cork hats and enjoy the day!

Remember ... there will be no CHSP services on the Public Holiday Monday 27 January 2025.



A message from the Australian Government Department of Health and Aged Care

We are making positive, lasting changes to aged care to put your rights and needs first.

From 1 July 2025, the new Aged Care Act will create a lot of positive changes, including a new in-program called Support at Home, a new regulatory model and more ability to speak up if you're not satisfied with your care.

The Government has established the Aged Care Transition Taskforce to help the sector get ready for the new Aged Care Act from 1 July 2025.

⁹More information about the Taskforce can be found on the Department of Health and Aged Care website. We will share more information as it is released to us.

Footwear now that the summer weather has arrived

To ensure your safety and comfort during social outings, we would like to remind everyone of the importance of wearing appropriate footwear.

For your safety, we kindly ask that you wear shoes that are secure, comfortable, and suitable for walking and other activities planned during the outing. Footwear should provide adequate support and protection to help prevent slips, trips, or discomfort during the day. Please note that thongs, skuffs, or other open or loose footwear are not recommended as they may not provide the necessary support and could increase the risk of accidents.

Your safety and enjoyment are our top priorities, and wearing the right footwear helps ensure that everyone has a comfortable and enjoyable experience. Thank you for your understanding, and we look forward to seeing you on our next outing!

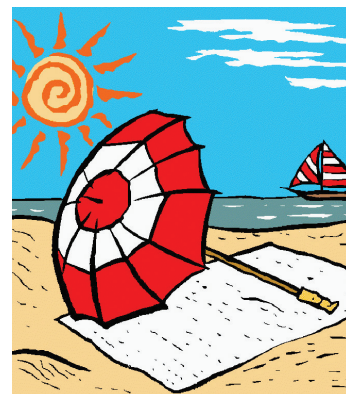
AFTER HOURS CALLS AND CONTACT OVER THE WEEKEND.

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

Staying Safe in Hot Weather

As we approach the warmer months, it's important to take steps to stay safe and comfortable during hot weather. High temperatures can pose risks, especially for older adults, so we've put together a few tips to help you beat the heat and enjoy the season safely.



Tips for Staying Cool:

Stay Hydrated: Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid excessive amounts of caffeinated or sugary drinks, as these can contribute to dehydration.

Dress Appropriately: Wear lightweight, loose-fitting clothing in light colors to help your body stay cool.

Keep Indoors Cool: If possible, stay indoors during the hottest part of the day (usually between 11 am and 4 pm) and use fans or air conditioning to maintain a comfortable temperature.

Protect Yourself Outdoors: If you need to go outside, wear a wide-brimmed hat, sunglasses, and sunscreen to protect yourself from the sun's harmful rays. Take breaks in the shade whenever possible.

Plan Activities Wisely: Schedule any physical activities or outings during the cooler parts of the day, such as early morning or late afternoon.

It's important to recognise the signs of heat-related illness, such as dizziness, nausea, headaches, or excessive sweating. If you or someone else begins to feel unwell in the heat, seek shade, hydrate, and notify a staff member or call for medical help if necessary.

home care package consumers. This is NOT an emergency service. In the case of an emergency please call 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.