

Take a look at what's on this month and join in the fun! SWANSEA SOCIAL CALENDAR MARCH 2025

For information or bookings, please call us on **4972 1318** or **1300 363 654** or email support@novacare.org.au

Mon 3 March	Tues 4 March	Wed 5 March	Thurs 6 March	Fri 7 March
Coffee Club Newcastle Foreshore Or Active, Stronger, Better 10:30 - 11:15am Or Strength Balance Relax 1:00pm - 1:45pm	Bus Outing Lunch at Belmont Golf Club	Men's Group Bus outing and Lunch Or Small group outing to La Bocca Italian at Budgewoi Or Active, Stronger, Better 9:00am-9:45am Or Strength, Balance, Relax including gentle yoga 11:30am - 12:15pm	Shopping Shuttle to Lake Fair Or Movie Day Jesus Christ Superstar at Hoyts Charlestown	Let's go Op Shopping at Belmont Lunch Poppy's Café Or Strength, Balance, Relax 12:15 - 1:00pm
Mon 10 March	Tues 11 March	Wed 12 March	Thurs 13 March	Fri 14 March
Coffee Club Swansea Channel Café Or Carers' Group Morning Tea 11:00am at Centre Or Active, Stronger, Better 10:30 - 11:15am Or Strength Balance Relax 1:00pm - 1:45pm	Bingo and Games at the Centre and Lunch	Men's Group Bus outing and Lunch Or Senior's Week Celebrations at Novacare Gilleston Heights \$30 for the day. Or Active, Stronger, Better 9:00am - 9:45am Or Strength, Balance, Relax including gentle yoga 11:30am - 12:15pm	Shopping Shuttle Lake Fair 2 hours to shop Or Sketching outdoors (weather permitting) and Lunch	Visit to Hunter Region Botanic Gardens Lunch nearby \$5 Entry. Or Strength, Balance, Relax 12:15 - 1:00pm
Mon 17 March	Tues 18 March	Wed 19 March	Thurs 20 March	Fri 21 March
Coffee Club Belmont 16 Footers Or St Patrick's Day Show at Wangi Workers \$60 includes Lunch. Or Active, Stronger, Better 10:30 - 11:15am Or Strength Balance Relax 1:00pm - 1:45pm	Bus outing to Speers Point for Cycling Without Age fun and Lunch nearby	Bus trip to Port Waratah for a Site Tour and Lunch nearby Or Men's Group Bus Outing Or Active, Stronger, Better 9:00am - 9:45am Or Strength, Balance, Relax including gentle yoga 11:30am - 12:15pm	Shopping Shuttle Lake Fair 2 hours to shop Or Scenic drive Lunch Bar Beach Bowling Club	Strength, Balance, Relax 12:15pm - 1:00pm Or BBQ picnic in the great outdoors - Venue tbc
Mon 24 March	Tues 25 March	Wed 26 March	Thurs 27 March	Fri 28 March
Coffee Club Summerland Point Or Active, Stronger, Better 10:30am - 11:15am Or Strength Balance Relax 1:00pm - 1:45pm	Sing Australia concert and Lunch	Men's Group Bus Outing Or Active, Stronger, Better 9:00am - 9:45am Or Strength, Balance, Relax including gentle yoga 11:30am - 12:15pm	Shopping Shuttle Lake Fair 2 hours to shop Or Lunch at Brown Sugar Café Warners Bay	Strength, Balance, Relax 12:15pm - 1:00pm Or Scenic Drive Lunch at "3 Sicilians"



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SENIORS WEEK EVENT AT GILLIESTON HEIGHTS

Wednesday 12 March at 10:00am – 2:00pm
Cost: \$30.00 includes bus
RSVP: 5 March to Simone Parker on **1300 363 654**
or email **simonep@novacare.org.au**

We will have a variety of activities to try such as bingo and the chocolate wheel. You can experience Active Stronger Better or you can simply sit back and enjoy the music. Morning tea and lunch will be provided.



ST PATRICKS DAY

Please join us for some great entertainment and lunch for St Patricks Day celebrations at Wangi Workers Club. Tickets are \$60 and include lunch and a great show with the wonderful Shannon Bacall performing.



MARCH ACTIVITIES

The month is jam-packed with different activities including a movie day to op-shopping for a great bargain and some new lunch venues we hope you will enjoy.



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

CHANGES TO SOCIAL PROGRAMS & OUTINGS IN EXTREME WEATHER



The safety and wellbeing of our consumers and staff is our top priorities. We have entered a season of unpredictable weather and we want to keep you informed about how extreme heat or heavy rain may impact our social programs and community outings.

How Weather Conditions May Affect Our Programs

Extreme Heat: When temperatures reach dangerous levels, we may need to modify or cancel outdoor activities to prevent heat-related illness. Alternative indoor activities will be arranged where possible.
Heavy Rain & Storms: In cases of driving rain, flooding, or severe storms, outings may be postponed or replaced with indoor alternatives to ensure everyone's safety.

Reduced Stops on Outings: To minimise time spent outdoors in extreme conditions, we will limit outings to a single stop where possible. This will help reduce exposure to heat and rain while still allowing for a meaningful experience.

Outing Cancellations: In some cases, where conditions are unsafe or alternative arrangements are not feasible, we may need to cancel outings altogether. We will always strive to notify you as soon as possible.

HOW WILL YOU BE NOTIFIED?

If changes need to be made to a scheduled outing or event, we will notify you as soon as possible via phone, email, or text message. Our priority is to provide alternative activities when possible, so you can still enjoy some time together.

We appreciate your understanding and flexibility as we prioritise safety while continuing to provide enjoyable programs. If you have any questions, please don't hesitate to reach out to our team.

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.