

What's On!



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

MILPARA 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 **Milpara Activities**.

For more information or bookings call us or email milpara@novacare.org.au

BOOK NOW

4963 6356

or 1300 363 654

MAY 2025

			Thursday 1 May	Friday 2 May
			Lei Day Celebrating Hawaiian Culture At Milpara Wear bright colours	Morning Tea at Hunter Valley Choc Shop Lunch: Peden's Cessnock
Monday 5 May	Tuesday 6 May	Wednesday 7 May	Thursday 8 May	Friday 9 May
Morning Tea at Café Inu Scenic Drive Lunch: Café 360	ASB Yoga \$10 plus \$10 transport Or Scenic Drive Lunch: Bellbird Hotel	Active.Stronger.Better & Lunch at Milpara	Elay High Tea Branxton \$70	Mother's Day BBQ
Monday 12 May	Tuesday 13 May	Wednesday 14 May	Thursday 15 May	Friday 16 May
Morning Tea at The Rectory Lunch: Lakeside Terrace Raymond Terrace	ASB Yoga \$10 plus \$10 transport Or Morning Tea at Windale Hub/Library Scenic Drive Lunch: Windale Gateshead BC	Active.Stronger.Better & Lunch at Milpara	Cycling Without Age Swansea Morning Tea at Swansea Lunch: Pelican RSL	Morning Tea & Lunch at Food & Friendship Warners Bay
Monday 19 May	Tuesday 20 May	Wednesday 21 May	Thursday 22 May	Friday 23 May
Scenic Drive Lunch: Saltwater Restaurant Fingal Bay \$	ASB Yoga \$10 plus \$10 transport Or Morning Tea at Medowie Macadamia Farm Lunch: The Bull & Bush	Active.Stronger.Better & Lunch at Milpara	Australia's Biggest Morning Tea \$5 (pls bring cash) 10am-11.30am And/or Hamilton Tafe lunch \$15pp – 2 couse	Morning Tea at MOA Lunch: Carrington Bowling Club
Monday 26 May	Tuesday 27 May	Wednesday 28 May	Thursday 29 May	Friday 30 May
Scenic Drive Swinging Bridge Lunch: Bistro Eden Cooranbong	\$10 plus \$10 transport Or Morning Tea at Seraphine Café Lunch: Windsor Castle Hotel Or Movies at Gold Class Kotara Lunch: The Rooftop	Active.Stronger.Better & Lunch at Milpara	Morning Tea & Lunch Murrays Restaurant Murrays Beach	8@Trinity Point \$\$\$ Or Morning Tea at Eleebana Lunch: Boatshed Bonnells Bay

Reminder around booking outings:



When booking outings, you'll receive a program with your selected outings circled. Unless told otherwise, those are the outings you'll attend. We no longer confirm attendance the day before—please call if you need confirmation. If you can't attend, notify us by phone, text, or email in advance so someone else can take your spot. If there's a payment amount listed, it means payment has been made or is due a couple of weeks before the outing. Cancellations may still incur charges if a replacement can't be found.

This month, we're putting a spotlight on mobility—promoting safe movement, strength, and independence to help everyone stay active and confident.

No Lift Policy - Bus transport

At NovaCare, the safety and independence of our consumers—and the wellbeing of our volunteers and staff—are top priorities. As part of this commitment, we'd like to remind everyone of our No-Lift Policy, which applies to all services, including transport to and from our day centres and outings.

Staff are not permitted to physically lift consumers at any time. This includes helping consumers on or off the bus or up from a chair. Our team can absolutely offer verbal guidance, encouragement, and supervision, but for everyone's safety, physical lifting or manual handling is not allowed.



If you're unsure whether this applies to you or a loved one, please speak with one of our friendly coordinators. We're happy to review options and ensure that all transport is both safe and suited to your needs.

Why is this policy in place?

- To protect consumers, volunteers and staff from injury
- To support independence and dignity
- To follow workplace health and safety guidelines

Our volunteer bus escorts play an important role in ensuring a safe and enjoyable journey for everyone. They assist with welcoming consumers on and off the bus (without lifting), provide friendly conversation along the way, and help communicate any concerns to staff. They offer reassurance and an extra layer of support during transport to and from the centre and when out in the community.

We appreciate your understanding and cooperation in keeping everyone safe and mobile.

For any questions or concerns, don't hesitate to reach out to our team.

Footwear is Important!

Footwear such as thongs and slides can easily catch on uneven surfaces or slip off, increasing the risk of trips, slips, and falls. Please ensure appropriate, closed-in footwear is worn when attending the centre or going on outings, as this helps prevent slips, trips, and falls.

Exercise, Energise, Socialise!

Why not join one of our Active Stronger Better exercise groups this month? They're a great way to improve strength, balance, and mobility—plus, they're lots of fun! Contact your Day Centre Coordinators for days and time.

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.