

# What's On!



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

## MORISSET 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 **Morisset Activities**.

For more information or bookings please call.

**BOOK NOW**

**4973 3855**

**or 1300 363 654**

### MAY 2025

			Thursday 1 May	Friday 2 May
			Seniors Centre 9.30am - 2pm <b>Or</b> Walkie Talkies 9.30am	Seniors Centre 9.30am - 2pm <b>Or</b> Steam Powered Hydro - 1pm
Monday 5 May	Tuesday 6 May	Wednesday 7 May	Thursday 8 May	Friday 9 May
Seniors Centre 9.30am - 2pm <b>Or</b> Dance4Wellbeing – 2pm	Seniors Centre 9.30am - 2pm <b>Or</b> Coffee, Cake & Chat for Carers - 2pm	Seniors Centre 9.30am - 2pm <b>Or</b> Shopping Bus – local 9.30am	Seniors Centre 9.30am - 2pm <b>Or</b> Food w Friends - 9.30am	Seniors Centre 9.30am - 2pm <b>Or</b> Steam Powered – Hydro 1pm
Monday 12 May	Tuesday 13 May	Wednesday 14 May	Thursday 15 May	Friday 16 May
Seniors Centre 9.30am - 2pm <b>Or</b> Active Stronger Better – 2pm	Seniors Centre 9.30am - 2pm <b>Or</b> Monthly Outing – OP Shop Bus & Cafe	Seniors Centre 9.30am - 2pm <b>Or</b> Shopping Shuttle – Lake Haven 9.30am	Seniors Centre 9.30am - 2pm <b>Or</b> Walkie Talkies 9.30am	Seniors Centre 9.30am - 2pm <b>Or</b> Steam Powered Hydro - 1pm
Monday 19 May	Tuesday 20 May	Wednesday 21 May	Thursday 22 May	Friday 23 May
Seniors Centre 9.30am - 2pm <b>Or</b> Dance4Wellbeing – 2pm	Seniors Centre 9.30am - 2pm – <b>Outing</b>	Seniors Centre 9.30am - 2pm <b>Or</b> Movie Moguls – “ <i>The Six Triple Eight</i> ”	Seniors Centre 9.30am - 2pm <b>Or</b> Food w Friends - 9.30am	Seniors Centre 9.30am - 2pm <b>Or</b> Steam Powered Hydro - 1pm
Monday 26 May	Tuesday 27 May	Wednesday 28 May	Thursday 29 May	Friday 30 May
Seniors Centre – Day Centre <b>Or</b> Active Stronger Better – 2pm	Seniors Centre 9.30am - 2pm <b>Or</b> Strength & Balance – Falls Prevention Program 10am <b>BOOKINGS Essential</b> <b>Or</b> Happy Hour – 2.30pm	Seniors Centre 9.30am - 2pm <b>Or</b> Shopping Shuttle – Tuggerah 9.30am	Seniors Centre 9.30am - 2pm <b>Or</b> Walkie Talkies 9.30am	Seniors Centre 9.30am - 2pm <b>Or</b> Walkie Talkies 9.30am

**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.**



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
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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.



## 🌸 Happy Mother's Day to all the incredible women! 🌸

On May 11<sup>th</sup> we celebrate the nurturing, the strength, the love, and the countless roles that women play in our lives.

To the women who lift others up, who work tirelessly, who make life beautiful with their care, and those who continue to inspire us – thank you for everything you do.

May this day remind you of the love and appreciation you truly deserve. 💖



# SPOTLIGHT



## FOOD with FRIENDS

Fortnightly on a Thursday join with us and make new friends, we can pick you up on our comfortable bus and take a drive around our local area and stop at one of the many great venues on offer. We laugh and joke on the bus and take in the views as we travel. We enjoy a meal with each other and talk some more. It is always better to share a meal with others than to eat on your own...food always tastes better when you don't have to cook for yourself and forget about the dishes.

We have a great time out together, so come and check out Food with Friends...in the words of Irish poet William Butler Yeats: *There are no strangers here; only friends you haven't met yet.* **\$10 Bus Transport** (and money for your meal) To book in or any

enquiries call 4973 3855

## Movie Moguls presents: The Six Triple Eight

*The Six Triple Eight* is a 2024 American war drama film written and directed by Tyler Perry on the 6888th Central Postal Directory Battalion, an all-black, all-female battalion, in World War II. It is based on the article "Fighting a Two-Front War" by Kevin M. Hymel. Come and cheer these women on as they persevere and rise up in overwhelming circumstances.

Wednesday 21 May at 2.15pm

@ Seniors Day Centre

Transport available (if req.)

Afternoon tea and lucky door prize draw

**Cost:** \$10



## Monthly Outing- OP Shop Bus & Café

Tuesday 13 May – 9.30am

Cost: \$10 (Bus) + money for purchases and lunch

We will be driven in our comfy Nova Bus to some of our local Op shops...Drop off pre-loved items, bag a bargain, we are coming into the cooler months, it might be time to get some winter woolies. When we are done with the shopping, we'll enjoy a light lunch at one of our local Cafes



## STOP PRESS

**Strength & Balance** – Falls Prevention Program is commencing on Tuesday May 27<sup>th</sup> (10am - 12noon). It is a 7-week course every Tuesday. If you are interested or have any questions, call the office to speak with Viv 4973 3855 (line 1) Conditions apply.

Morisset Social Centre Activities – May 2025