What's On!



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

SWANSEA SOCIAL CALENDAR MAY 2025

For bookings call 4972 1318 or 1300 363 654 or email support@@novacare.org.au

| | | | Thursday 1 May | Friday 2 May |
|---|---|--|---|--|
| | | | -2 nours to snop! | Speers Point Drive + lunch at Argenton Hotel OR Strength, Balance, Relax class 12.15 -1.00pm |
| Monday 5 May | Tuesday 6 May | Wednesday 7 May | Thursday 8 May | Friday 9 May |
| Coffee club at Channel Café Swansea OR Active, Stronger, Better | Mother's Day Special! Waratah Warblers Full Choir + Lunch at the Centre | Men's Group Bus outing+ Lunch OR Active, Stronger, Better 9.00am-9.45am OR Strength, Balance, Relax including gentle yoga 11.45am-12.15pm | | Sunnyside Tayern – |
| Monday 12 May | Tuesday 13 May | Wednesday 14 May | Thursday 15 May | Friday 16 May |
| Coffee Club – Café INU Carrington OR Active, Stronger, Better 10.30am-11.15am OR Strength Balance Relax 1.00pm-1.45pm | Bus outing- Maitland Art Gallery + lunch | Café 360 morning tea + lunch at M.O.A .Carrington OR Men's Group Bus outing OR Active, Stronger, Better 9.00am-9.45am OR Strength, Balance, Relax including gentle yoga 11.45am-12.30pm | Shopping Shuttle to Lake Haven OR Scenic drive to Toronto for Yarning Circle on local Aboriginal culture + lunch at Toronto Hotel | Fish and Chips at The Entrance OR Strength, Balance, Relax 12.15 -1.00pm- |
| Monday 19 May | Tuesday 20 May | Wednesday 21 May | Thursday 22 May | Friday 23 May |
| Coffee club- Swansea Heads lookout OR Active, Stronger, Better 10.30am-11.15am OR Strength Balance Relax 1.00pm-1.45pm | Let's Get Creative + lunch at the Centre | Men's Group OR Active, Stronger, Better 9.00am-9.45am OR Strength, Balance, Relax including gentle yoga 11.45am-12.30pm | Shopping Shuttle to Lake Fair, 2 hours to shop OR Day Trip to Morpeth + lunch | Scenic drive to Hunter Multicultural Centre- Waratah + lunch OR Strength, Balance, Relax 12.15 -1.00pm- |
| Monday 26 May | Tuesday 27 May | Wednesday 28 May | Thursday 29 May | Friday 30 May |
| Coffee Club – Pattisons Pattiserie OR Active, Stronger, Better 10.30am-11.15am OR Strength Balance Relax 1.00pm-1.45pm | East Gosford Art Gallery + lunch | Scenic drive to Norah Head + lunch Diggers the Entrance OR Men's Group Bus outing OR Active, Stronger, Better 9.00am-9.45am OR Strength, Balance, Relax including gentle yoga 11.45am-12.30pm | Shanning Shuttle to Lake | Warners Bay Sports Club – Chinese lunch and scenic drive OR Strength, Balance, Relax 12.15 -1.00pm |

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.

SWANSEA NEWS!





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.

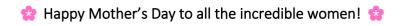
Footwear is Important!

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.



On May 11th 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. 🎔



