

# 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](mailto:support@novacare.org.au)

			Thursday 1 May	Friday 2 May
			Shopping Shuttle to Lake Fair -2 hours to shop! <b>OR</b> Bonnie & Clyde the Musical movie at Hoyts Charlestown	Speers Point Drive + lunch at Argenton Hotel <b>OR</b> 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 <b>OR</b> Active, Stronger, Better 10.30-11.15am <b>OR</b> Strength Balance Relax 1.00pm -1.45pm	Mother's Day Special! Waratah Warblers Full Choir + Lunch at the Centre	Men's Group Bus outing+ Lunch <b>OR</b> Active, Stronger, Better 9.00am-9.45am <b>OR</b> Strength, Balance, Relax including gentle yoga 11.45am-12.15pm	Shopping Shuttle to Lake Fair -2 hours to shop <b>OR</b> Sketching and lunch locally	Sunnyside Tavern – Georgetown + lunch <b>OR</b> Strength, Balance, Relax 12.15 -1.00pm
Monday 12 May	Tuesday 13 May	Wednesday 14 May	Thursday 15 May	Friday 16 May
Coffee Club – Café INU Carrington <b>OR</b> Active, Stronger, Better 10.30am-11.15am <b>OR</b> Strength Balance Relax 1.00pm-1.45pm	Bus outing- Maitland Art Gallery + lunch	Café 360 morning tea + lunch at M.O.A. Carrington <b>OR</b> Men's Group Bus outing <b>OR</b> Active, Stronger, Better 9.00am-9.45am <b>OR</b> Strength, Balance, Relax including gentle yoga 11.45am-12.30pm	Shopping Shuttle to Lake Haven <b>OR</b> Scenic drive to Toronto for Yarning Circle on local Aboriginal culture + lunch at Toronto Hotel	Fish and Chips at The Entrance <b>OR</b> 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 <b>OR</b> Active, Stronger, Better 10.30am-11.15am <b>OR</b> Strength Balance Relax 1.00pm-1.45pm	Let's Get Creative + lunch at the Centre	Men's Group <b>OR</b> Active, Stronger, Better 9.00am-9.45am <b>OR</b> Strength, Balance, Relax including gentle yoga 11.45am-12.30pm	Shopping Shuttle to Lake Fair, 2 hours to shop <b>OR</b> Day Trip to Morpeth + lunch	Scenic drive to Hunter Multicultural Centre- Waratah + lunch <b>OR</b> 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 Patisserie <b>OR</b> Active, Stronger, Better 10.30am-11.15am <b>OR</b> Strength Balance Relax 1.00pm-1.45pm	East Gosford Art Gallery + lunch	Scenic drive to Norah Head + lunch Diggers the Entrance <b>OR</b> Men's Group Bus outing <b>OR</b> Active, Stronger, Better 9.00am-9.45am <b>OR</b> Strength, Balance, Relax including gentle yoga 11.45am-12.30pm	Shopping Shuttle to Lake Fair, 2 hours to shop <b>OR</b> Let's Get Creative at the centre + lunch nearby	Warners Bay Sports Club – Chinese lunch and scenic drive <b>OR</b> 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.**



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. ❤️

