

# What's On!



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

## TAYLORS BEACH SOCIAL CALENDAR

Day Trips from just \$10 plus expenses, Special Events and Taylors Beach Activities

For bookings call **1300 363 654** or email [taylorsb@novacare.org.au](mailto:taylorsb@novacare.org.au)

### MAY 2025

			Thursday 1 May	Friday 2 May
			Exercises 10:30am – 11:15am Or Coffee Club Pickups from 9.30am	Scenic Drive and Lunch: Club Lemon Tree - Zest Restaurant. Lemon Tree Passage
Monday 5 May	Tuesday 6 May	Wednesday 7 May	Thursday 8 May	Friday 9 May
	Exercises 10:30am – 11:15am Or The Lunch Bunch Pickups from 11:30am	Men's Group Or Coffee Club Pickups from 9.30am	Exercises 10:30am – 11:15am Or Coffee Club Pickups from 9.30am	Scenic Drive and Lunch: Bostin Brew Co. Mereweather
Monday 12 May	Tuesday 13 May	Wednesday 14 May	Thursday 15 May	Friday 16 May
	Exercises 10:30am – 11:15am Or The Lunch Bunch Pickups from 11:30am	Men's Group Or Coffee Club Pickups from 9.30am	Exercises 10:30am – 11:15am Or Coffee Club Pickups from 9.30am	Scenic Drive and Lunch: Central Park Café. Maitland
Monday 19 May	Tuesday 20 May	Wednesday 21 May	Thursday 22 May	Friday 23 May
	Exercises 10:30am – 11:15am Or The Lunch Bunch Pickups from 11:30am	Men's Group Or Coffee Club Pickups from 9.30am	Exercises 10:30am – 11:15am Or Coffee Club Pickups from 9.30am	Scenic Drive and Lunch: Garden Eatery -Tea Gardens
Monday 26 May	Tuesday 27 May	Wednesday 28 May	Thursday 29 May	Friday 30 May
	Exercises 10:30am – 11:15am Or The Lunch Bunch Pickups from 11:30am	Men's Group Or Coffee Club Pickups from 9.30am	Exercises 10:30am – 11:15am Or Coffee Club Pickups from 9.30am	Scenic Drive and Lunch: The Young Street Hotel. Carrington.

**NovaCare Taylors Beach Social Centre: 6 Commerce Close, Taylors Beach**

**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. ❤️



# Exciting News: The Renovated Social Centre at Taylors Beach is Now Reopen!



We are thrilled to announce that our newly renovated Social Centre is officially reopened! After months of hard work and dedication, we've enhanced the space to make it even more welcoming, comfortable, and enjoyable for our community.

Whether you're looking for a place to relax, connect with others, or take part in exciting events and activities, our Social Centre is ready to offer you a fantastic experience. We invite you to come and explore the refreshed space and discover all the improvements we've made.

We can't wait to welcome you back and share all the exciting new features of the centre. Thank you for your continued support, and we look forward to seeing you soon at Taylors Beach!



## Out and about

