

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

**BOOK NOW**

**4963 6356**

**or 1300 363 654**

## SEPTEMBER 2025

Monday 1 September	Tuesday 2 September	Wednesday 3 September	Thursday 4 September	Friday 5 September
Active.Stronger.Better Lunch at Milpara Games or Craft <b>OR</b> Scenic Drive Lunch: Wangi RSL	ASB Yoga <b>OR</b> Scenic Drive Lunch: Gwandalan Bowling Club	Active.Stronger.Better & Lunch at Milpara	Bingo at Milpara <b>OR</b> BBQ at Blackbutt	Morning Tea: Table 1 Espresso Lunch: Boolaroo Sports Club
Monday 8 September	Tuesday 9 September	Wednesday 10 September	Thursday 11 September	Friday 12 September
Active.Stronger.Better Lunch at Milpara Games or Craft <b>OR</b> Scenic Drive Lunch: The Gunyah	ASB Yoga <b>OR</b> Scenic Drive Lunch: Budgewoi Hotel	Active.Stronger.Better & Lunch at Milpara	Scenic Drive Lunch: Horizon's Golf Club Salamander Bay	Morning Tea: MOA Lunch: The Seven Seas Carrington
Monday 15 September	Tuesday 16 September	Wednesday 17 September	Thursday 18 September	Friday 19 September
Active.Stronger.Better Lunch at Milpara Games or Craft <b>OR</b> Morning Tea & Lunch: Poppy's Gateshead	ASB Yoga <b>OR</b> BBQ at Mystery location	Active.Stronger.Better & Lunch at Milpara <b>OR</b> Scone Time Elmore Vale Community Centre 10:30am – 12pm	Hunter Valley Day Trip	Morning Tea: Bostin Brew Lunch: 3 Sicilians Stockton
Monday 22 September	Tuesday 23 September	Wednesday 24 September	Thursday 25 September	Friday 26 September
Active.Stronger.Better Lunch at Milpara Games or Craft <b>OR</b> Scenic Drive Lunch: Café 360	ASB Yoga <b>OR</b> Elephant Shop Cooranbong Lunch: TBD	Active.Stronger.Better & Lunch at Milpara	<b>Happy Birthday to You!</b> Celebrating everyone's birthday for the year at Milpara 	Morning Tea: Surge Redhead Lunch: Valentine Bowling Club
Monday 29 September	Tuesday 30 September			
Active.Stronger.Better Lunch at Milpara Games or Craft <b>OR</b> The Bathers Way, outdoor photo exhibition at Newcastle Baths Lunch: Queens Wharf Hotel	ASB Yoga <b>OR</b> Picnic in the Park			

## Help Keep Our Community Healthy

We kindly ask all participants, families, and carers to support a safe and healthy environment by staying home if you are feeling unwell.

If you are experiencing symptoms such as:

- Any signs of flu, cold, or infection such as cough, sore throat, runny nose
- Fever or chills
- Upset stomach

Please do not attend group activities or outings until you are fully recovered.

Unfortunately, COVID-19, influenza, and RSV are currently circulating in the community, and even mild symptoms can pose a risk to others—especially older adults and those with existing health conditions.

To help keep everyone safe, our staff will be asking brief screening questions before group activities and outings. If there are any concerns, they may contact our clinical team for further advice and support.

Your cooperation helps us protect the wellbeing of all participants, staff, and families.

Thank you for doing your part to keep our programs safe, welcoming, and well.

If you're unsure whether to attend, please don't hesitate to contact our team for guidance.

## Promoting a Kind and Respectful Environment

At the heart of our community is a commitment to kindness, inclusion, and mutual respect.

We kindly remind everyone to avoid discussing others' personal situations, choices, or challenges—especially when they are not present. Gossip, even when unintentional, can lead to misunderstandings and hurt feelings.

Let's focus on creating a positive, supportive space where everyone feels safe, valued, and respected.

If you have concerns or questions about someone's wellbeing, please speak directly with a staff member or coordinator.

Thank you for helping us build a warm and respectful environment for all.

## Active & Stronger Better – additional day

We're excited to let you know that we've added an extra Active & Strong Better (ASB) session at Milpara on Mondays! Session starts at 10.30am.

This additional session is a great opportunity to:

- Improve your strength, balance, and mobility
- Stay active and independent
- Socialise in a supportive, friendly environment

Whether you're looking to build on your fitness or just getting started, our ASB program is designed for all abilities and tailored to your individual pace.

Limited transport is available, so please book early to secure your spot. Cost is **\$10** and is payable on the day.

To express your interest or find out more, contact us on Vanessa on 1300 363 654. We'd love to see you there!

**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.**