

# 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**

**1300 363 654**

## SEPTEMBER 2025

Monday 1 September	Tuesday 2 September	Wednesday 3 September	Thursday 4 September	Friday 5 September
Seniors Centre 9.30am - 2pm <b>OR</b> Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm	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
Monday 8 September	Tuesday 9 September	Wednesday 10 September	Thursday 11 September	Friday 12 September
Seniors Centre 9.30am - 2pm <b>OR</b> Dance4Wellbeing 2pm	Seniors Centre 9.30am - 2pm <b>OR</b> Shopping Shuttle – local 9.30am	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm <b>OR</b> Food w Friends 9.30am	Seniors Centre 9.30am - 2pm
Monday 15 September	Tuesday 16 September	Wednesday 17 September	Thursday 18 September	Friday 19 September
Seniors Centre 9.30am - 2pm <b>OR</b> Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm <b>OR</b> Shopping Shuttle – Tuggerah 9.30am	Seniors Centre 9.30am - 2pm <b>OR</b> Walkie Talkies – Newcastle Foreshore 9.30am	Seniors Centre 9.30am - 2pm
Monday 22 September	Tuesday 23 September	Wednesday 24 September	Thursday 25 September	Friday 26 September
Seniors Centre 9.30am - 2pm <b>OR</b> Dance4Wellbeing 2pm	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm <b>OR</b> Movie Moguls: The Bank of Dave 2.15pm	Seniors Centre 9.30am - 2pm <b>OR</b> Food w Friends 9.30am	Seniors Centre 9.30am - 2pm
Monday 29 September	Tuesday 30 September			
Seniors Centre 9.30am - 2pm <b>OR</b> Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm <b>OR</b> Happy Hour – 2.30pm Wangi / Rathmines Singers			

**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**

## 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.

## SPOTLIGHT: Active-Stronger-Better

On alternate Mondays from 2pm-3pm we have the lovely Deb join us for some exercises...**Active Stronger Better**

This is a program that uses exercising together in a group to help build confidence. Exercise can help improve strength, fitness, balance, co-ordination and flexibility and we deliver this in a fun environment. Every person can do the activities at their own pace and level. Each session is a bit varied to keep things interesting. The aim of regular activity is to help you feel better – as it is a bit social and is good for your health.

Your instructor is a qualified and experienced Fitness Professional and can help you adapt exercises to a chair, with a walker or stick. Most of all – we smile and laugh





## Movie Moguls Presents: "BANK OF DAVE"

Wednesday 24 September at 2.15pm  
at Seniors Day Centre

A successful British van salesman decides to open a bank that uses local money to fund local enterprises. However, he soon fights an uphill battle as he tries to convince the elite London-based financial authorities to grant him a new bank license. Comedy-Drama...*Based on true events*

Transport available (if req.)  
Afternoon tea and lucky door prize draw  
**Cost: \$10**

## Monthly Outing: Newcastle Foreshore

**Date:** Thursday 18 September

**Cost:** Opal Card for transport (bring money for lunch)

For **Walkie Talkies** this month we will head into Newcastle for our walk and grab some lunch afterwards.

A lovely stroll along our beautiful Newcastle Harbour

Leaving on the 9.20am train from Morisset station, pick up available if needed



The **HAPPY HOUR** group this month (30/09/35 @ 2.30pm) will be having the Wangi/ Rathmines Singers: If you do not attend this group, we would love to extend an invitation to come along, the singers love to have an audience to perform for. They are a crowd favorite.

We will provide afternoon tea. Cost: \$5 p/p. RSVP: Tues 23 Sept. on **4973 3855**

**NOTE:** Vivienne will be on leave from September 26 through to October 19, she will be back in the office on Monday 20 October. All groups/programs will run as normal. If you have any questions or need to book anything, call Margaret on 4973 3855 (line 2) Mon -Thurs or Janelle on Fridays (line1)