

What's On!




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

HOME CARE PACKAGE SOCIAL CALENDAR

For bookings call 1300 363 654

SEPTEMBER 2025

For more information or bookings please contact Head Office on 1300 363 654.

| Monday 1 st | Tuesday 2 nd | Wednesday 3 rd | Thursday 4 th | Friday 5 th |
|---|--------------------------|-------------------------------|---|---------------------------------|
| Exercise Classes @ 10.30 am Lunch & afternoon of fun @ Milpara | Lunch Outing | <i>Men's Group</i> |  @ Milpara | 1-1 Social visit |
| Monday 8 th | Tuesday 9 th | Wednesday 10 th | Thursday 11 th | Friday 12 th |
| Exercise Classes @ 10.30 am Lunch & afternoon of fun @ Milpara | Lunch Outing | Movie Day | Coffee Club | 1-1 Social visit |
| Monday 15 th | Tuesday 16 th | Wednesday 17 th | Thursday 18 th | Friday 19 th |
| Exercise Classes @ 10.30 am Lunch & afternoon of fun @ Milpara | Lunch Outing | <i>Men's Group</i> | Coffee Club | 1-1 Social visit |
| Monday 22 nd | Tuesday 23 rd | Wednesday 24 th | Thursday 25 th | Friday 26 th |
| Exercise Classes @ 10.30 am Lunch & afternoon of fun @ Milpara | Lunch Outing | <i>Men's Group</i> | Coffee Club | 1-1 Social visit |
| Monday 29 th | Tuesday 30 th | | | |
| Exercise Classes @ 10.30 am Lunch & afternoon of fun @ Milpara | Lunch Outing | | | |

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.