

What's On!

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

SWANSEA SOCIAL CALENDAR SEPTEMBER 2025

For bookings call 4972 1318 or 1300 363 654 or email support@novacare.org.au

Monday 1 September	Tuesday 2 September	Wednesday 3 September	Thursday 4 September	Friday 5 September
Coffee Club Belmont 16's OR Active, Stronger, Better 10.30am-11.15am OR Strength Balance Relax including gentle yoga 1.00pm -1.45pm	BINGO and Games Lunch at the centre	Sharon's group outing Secret Café, Charmhaven OR Men's Group Café 360 + lunch nearby OR Active, Stronger, Better 9.00am-9.45am OR Strength, Balance, Relax including gentle yoga 11.45am-12.30pm	Shopping Shuttle to Lake Fair 2 hours to shop OR NEW GROUP Swansea centre Join our wonderful group for company, morning tea and various activities Lunch nearby	The Junction Inn, Raymond Terrace OR Strength, Balance, Relax 12.15 -1.00pm
Monday 8 September	Tuesday 9 September	Wednesday 10 September	Thursday 11 September	Friday 12 September
Coffee club- Picnic Brunch OR Active, Stronger, Better 10.30am-11.15am OR Strength Balance Relax including gentle yoga 1.00pm -1.45pm	Seven Seas Hotel, Carrington	Men's Group- Scenic drive + lunch OR Active, Stronger, Better 9.00am-9.45am OR Strength, Balance, Relax including gentle yoga 11.45am-12.30pm	Shopping Shuttle – Lake Fair 2 hours to shop OR Scenic drive + lunch	BBQ lunch, Blackbutt Reserve OR Strength, Balance, Relax 12.15 -1.00pm
Monday 15 September	Tuesday 16 September	Wednesday 17 September	Thursday 18 September	Friday 19 September
Coffee Club – Mawsons Cafe OR Active, Stronger, Better 10.30am-11.15am OR Strength Balance Relax including gentle yoga 1.00pm -1.45pm	Creative Activities + lunch 'Help Swansea group get ready for our Christmas Stall Fundraiser'	Sharon's Group- Scone Time, Elmore Vale Community Centre OR Men's Group - BBQ lunch OR Active, Stronger, Better 9.00am-9.45am OR Strength, Balance, Relax including gentle yoga 11.45am-12.30pm	Shopping Shuttle – Lake Haven 2 hours to shop OR NEW GROUP Swansea centre Mystery Tour lunch	Scenic Drive + Wangi RSL OR Strength, Balance, Relax 12.15 -1.00pm
Monday 22 September	Tuesday 23 September	Wednesday 24 September	Thursday 25 September	Friday 26 September
Coffee Club – Mystery Tour OR Active, Stronger, Better 10.30am-11.15am OR Strength Balance Relax including gentle yoga 1.00pm -1.45pm	Scenic Drive + BBQ lunch	Men's Group- Scenic drive + lunch OR Active, Stronger, Better 9.00am-9.45am OR Strength, Balance, Relax including gentle yoga 11.45am-12.30pm	Shopping Shuttle – Lake Fair 2 hours to shop OR Secret Café, Charmhaven	Scenic drive + BBQ lunch OR Strength, Balance, Relax 12.15 -1.00pm
Monday 29 September	Tuesday 30 September			
Coffee Club – Café 360 OR Active, Stronger, Better 10.30am-11.15am OR Strength Balance Relax including gentle yoga 1.00pm -1.45pm	Newcastle Yacht Club Please ask for menu/prices when booking			

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.

SWANSEA Coffee club

Start your day with us on a Monday **Coffee Club**! Come for a relaxed morning of coffee, conversation, and companionship. Whether you're looking to unwind, make new friends, or just enjoy a warm cup, our friendly group is the perfect place to be.

We visit local cafes and enjoy connecting you with the community.

We will pick you up from home, transport you in our comfortable small buses and have you back for lunch.

Here are some wonderful pictures of our regular attendees.



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.