

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

SEPTEMBER 2025

Monday 1 September	Tuesday 2 September	Wednesday 3 September	Thursday 4 September	Friday 5 September
Drop-in Day (Morning Tea and chat) 10:00 am – 12:30pm AND/OR Exercises 1pm – 1:45pm	Exercises 10:30am – 11:15am AND/OR The Lunch Bunch Pickups from 11:30am	Men's Group OR Coffee Club Pickups from 9.30am	Exercises 10:30am – 11:15am AND/OR Father's Day Centre lunch celebration Cost: \$12 11.30 to 1pm	Scenic Drive and Lunch: Minmi Hotel
Monday 8 September	Tuesday 9 September	Wednesday 10 September	Thursday 11 September	Friday 12 September
Centre Activities: Trivia Morning with Cappuccio's OR Exercises 1pm – 1:45pm	Exercises 10:30am – 11:15am AND/OR The Lunch Bunch Pickups from 11:30am	Grand Opening of Taylors Beach Social Centre 10am 	Exercises 10:30am – 11:15am AND/OR Scenic Drive and Lunch (mystery Venue)	Scenic Drive and Lunch: General Washington Hotel, Stockton
Monday 15 September	Tuesday 16 September	Wednesday 17 September	Thursday 18 September	Friday 19 September
Drop-in Day (Morning Tea and chat) 10:00 am – 12:30pm AND/OR Exercises 1pm – 1:45pm	Exercises 10:30am – 11:15am AND/OR The Lunch Bunch Pickups from 11:30am	Scone Time Elemore Vale Community Centre Pickups from 9 am	Exercises 10:30am – 11:15am AND/OR Memoir Writing Café with Carolyn Cost: \$12 11.30 to 1pm	Shopping Lunch Trip: Rivers and Bank Hotel
Monday 22 September	Tuesday 23 September	Wednesday 24 September	Thursday 25 September	Friday 26 September
Centre Activities: Turkish tea light craft and morning tea AND/OR Exercises 1pm – 1:45pm	Exercises 10:30am – 11:15am AND/OR The Lunch Bunch Pickups from 11:30am	Men's Group OR Coffee Club Pickups from 9:30am	Exercises 10:30am – 11:15am AND/OR Scenic Drive and Lunch (mystery Venue)	Scenic Drive and Lunch: Lakeside Tavern, Raymond Terrace
Monday 29 September	Tuesday 30 September			
Drop-in Day (Morning Tea and chat) 10:00 am – 12:30pm AND/OR Exercises 1pm – 1:45pm	Exercises 10:30am – 11:15am AND/OR The Lunch Bunch Pickups from 11:30am			

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.

TAYLORS BEACH NEWS!



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.

You're invited!

**We are thrilled to announce
the Grand Opening of our new office and
social centre in Taylors Beach**

We invite you to celebrate this exciting milestone with us.

Introduction - Joseph McCarthy, CEO NovaCare
Welcome to country and smoking ceremony - Jason Russell
Welcome to NovaCare - Jenny Williams, NovaCare Board Chair
Official Opening - Meryl Swanson MP, Member for Paterson
Leah Anderson, Mayor for Port Stephens

Light refreshments will be served

This new location will enable us to enhance our support and services to the older members of the community. Come and explore the new space and connect with community members.

We look forward to seeing you there!

Date: Wednesday, 10th September 2025
Time: 10.00am
Location: 6 Commerce Close, Taylors Beach
RSVP: By 29 August 2025 to Simone Parker on 1300 363 654
or email simonep@novacare.org.au

Proudly supporting the Port Stephens community