

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

BOOK NOW

4963 6356

or 1300 363 654

JANUARY 2026

Monday 5 January	Tuesday 6 January	Wednesday 7 January	Thursday 8 January	Friday 9 January
Morning Tea at Bostin Brew Lunch: The Mary Ellen Or Shopping Shuttle Lake Fair	ASB Yoga 11am-11.45am - \$10 Or Scenic Drive Lunch: Wangi RSL	Morning Tea/Lunch Café 360 Belmont North	Morning Tea at Ben Ean Patisserie Lunch: Picnic Or Bingo & Lunch & Milpara	Morning Tea & Lunch Belmont 16 Footers
Monday 12 January	Tuesday 13 January	Wednesday 14 January	Thursday 15 January	Friday 16 January
Brunch: Murray's Restaurant Murray's Beach Or Milpara Day Centre Active.Stronger.Better \$10	ASB Yoga 11am-11.45am - \$10 Or Lunch at Babbington's \$\$ RSVP 6 th January Or Scenic Drive & Lunch	Morning Tea at Warners Bay Lunch: Pippi's Speers Point	Craft Group Or Morning Tea at Maitland Art Gallery Lunch: The Windsor Castle Hotel	Morning Tea at MOA Johnson's Farmgate Lunch: Seven Seas Carrington
Monday 19 January	Tuesday 20 January	Wednesday 21 January	Thursday 22 January	Friday 23 January
Morning tea at Eleebana Lunch: Valentine BC Or Shopping Shuttle Lake Fair Or Milpara Day Centre Active.Stronger.Better \$10	ASB Yoga 11am-11.45am - \$10 Or Morning Tea: Black Swan Bay Lunch: Swansea Workers Club	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara	Bingo & Lunch at Milpara Or Morning Tea Outside Lunch: Earp Distillery \$35 for lunch & drink RSVP 15 th January	Morning Tea at Warners Bay Lunch: Pippi's Speers Point
Monday 26 January	Tuesday 27 January	Wednesday 28 January	Thursday 29 January	Friday 30 January
AUSTRALIA DAY PUBLIC HOLIDAY	Picnic/BBQ Sandy Beach	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara	Craft Group Or Morning Tea at Bunnings Newcastle Wildflower Nursery Lunch: Boolaroo Sports Club	Morning Tea at Hunter Valley Chocolate Shop Lunch: Harrigan's

I understand that when I book into an event that has an RSVP date, I am confirming my intention to attend and my agreement to pay the full advertised cost. I acknowledge that if I cancel for any reason after submitting my RSVP, I will still be charged the full cost.

Signature: _____

Date: _____

Welcome to 2026

As we step into a brand-new year, we extend a warm welcome to all our NovaCare consumers, families and carers.

We look forward to 2026 being a year filled with connection, wellbeing and fun moments together.



CHSP TEAM

We would like to introduce the CHSP team, your first point of contact for enquiries, support, and feedback about your Commonwealth Home Support Program services, you are welcome to call and ask to speak with one of our CHSP Coordinators.

If you need support to read or understand any information or documents you receive from NovaCare, you can call and speak with a coordinator who will be happy to help. If we can't help over the phone we will arrange to visit you at home. They're always happy to help.

Last minute changes to daily programs

From time to time, there may be last-minute changes to our programs due to weather conditions or staff availability. We do our best to minimise disruptions, but sometimes adjustments are necessary to ensure everyone's safety and wellbeing. If changes occur, we'll attempt to contact you to offer an alternative venue or the option to cancel. We appreciate your understanding and flexibility when these situations arise.



Keeping Food Safe During Shopping Services

As the weather warms up, it's more important than ever to keep groceries safe and at the right temperature—especially when travelling to and from the shops. To help us maintain food safety standards and protect the wellbeing of all clients, we kindly ask that anyone attending a NovaCare shopping service brings a cooler bag and ice bricks with them.

These simple items help keep perishable foods such as meat, dairy and frozen foods at safe temperatures while you travel, wait for transport, or move between shops. They also reduce the risk of food spoilage, ensuring your groceries stay fresh and safe to enjoy once you're home. Thank you for helping us support safe shopping

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.

**This program is subject to change
Supported by the Australian Government Department of Health, Disability and Ageing**