

# 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**

**or 1300 363 654**

### JANUARY 2026

Monday 5 January	Tuesday 6 January	Wednesday 7 January	Thursday 8 January	Friday 9 January
Office open and staff return – <b>NO</b> Activities today	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	Seniors Centre 9.30am - 2pm
Monday 12 January	Tuesday 13 January	Wednesday 14 January	Thursday 15 January	Friday 16 January
Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm <b>Or</b> Shopping bus - Local	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm <b>Or</b> Food w friends	Seniors Centre 9.30am - 2pm
Monday 19 January	Tuesday 20 January	Wednesday 21 January	Thursday 22 January	Friday 23 January
Seniors Centre 9.30am - 2pm <b>And/Or</b> Active Stronger Better – 2pm	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm <b>Or</b> Shopping Shuttle - Tuggerah	Seniors Centre 9.30am - 2pm <b>Or</b> Walkie Talkies – 9.30am	Seniors Centre 9.30am - 2pm <b>Or</b> Australia Day BBQ
Monday 26 January	Tuesday 27 January	Wednesday 28 January	Thursday 29 January	Friday 30 January
<b>Australia Day – Public Holiday</b> <b>No services or activities today</b>	Seniors Centre 9.30am - 2pm <b>Or</b> Happy Hour – 2.30pm	Seniors Centre – Day Centre <b>And/Or</b> Movie Moguls – 2.15pm	Seniors Centre 9.30am - 2pm <b>Or</b> Food w Friends	Seniors Centre 9.30am - 2pm

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



## 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



## EOI – Expressions of Interest

**Strength & Balance** (Falls Prevention Program).

This is 7-week program (2 hrs per week) at the Morisset Centre. For more information or to book your spot - call Vivienne 4973 3855. We are hoping to facilitate this Feb/March next year 2026.





## Streamed Powered - Hydro Pool

For anyone interested in starting up our regular Friday swimming group in the New Year.

School terms only. This has been on hiatus for a while due to some of our regulars not able to attend. However, we would be happy to revisit this if we have enough interest.

## Movie Moguls presents: Blue Miracle

Movie Moguls presents: **Knives Out 3: Wake Up Dead Man**

This is the 3<sup>rd</sup> instalment of the Knives Out series. In "Wake Up Dead Man" Benoit Blanc, portrayed by Daniel Craig, returns for what is described as his most dangerous case yet. The story unfolds when a young priest, is sent to assist Monsignor Jefferson Wicks at a local church. However, the peace of the congregation is shattered when a sudden and seemingly impossible murder occurs, leaving the community in shock and without an obvious suspect

**Wednesday 28 January at 2.15pm**

@ Seniors Day Centre

Transport available (if req.)

Afternoon tea and lucky door prize draw

**Cost: \$10**



## AUSSIE DAY – BBQ

Join us to celebrate what we love about Australia, in the great Aussie tradition with a BBQ.

**Date:** Friday 23<sup>rd</sup>, January 2026.

**Time:** 12noon start

**Cost:** \$10

**Location:** Our beautiful garden @ the Seniors Centre

**RSVP:** Monday 19 January

**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**