

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

JANUARY 2026

Monday 5 January	Tuesday 6 January	Wednesday 7 January	Thursday 8 January	Friday 9 January
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch outing	Men's Group Maitland lunch outing ladies		1-1 Social Visit
Monday 12 January	Tuesday 13 January	Wednesday 14 January	Thursday 15 January	Friday 16 January
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch outing	Men's Group	Day of fun @ Milpara	1-1 Social Visit
Monday 19 January	Tuesday 20 January	Wednesday 21 January	Thursday 22 January	Friday 23 January
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch outing	Men's Group Maitland lunch outing Ladies		1-1 Social Visit
Monday 26 January	Tuesday 27 January	Wednesday 28 January	Thursday 29 January	Friday 30 January
AUSTRALIA DAY PUBLIC HOLIDAY	Lunch outing	Men's Group	Coffee Club 1-1 Social Visit	1-1 Social Visit

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: _____

NOVACARE NEWS!

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.



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

Program subject to change.

Supported by the Australian Government Department of Health, Disability and Ageing.