

What's On!



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

JANUARY 2026

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

Monday 5 January	Tuesday 6 January	Wednesday 7 January	Thursday 8 January	Friday 9 January
Coffee Club Belmont 16s	Swansea bus trip Brunch only, venue tbc	Bus outing with Sharon and a small group Venue tbc OR Men's Group outing	Shopping Shuttle Lake Fair 2 hours to shop	Scenic drive and lunch Swansea Hotel
Monday 12 January	Tuesday 13 January	Wednesday 14 January	Thursday 15 January	Friday 16 January
Coffee club Surge Cafe	Swansea Centre Bingo and Games <i>Something new is coming, watch this space.</i>	Men's group – scenic drive and lunch	Shopping Shuttle – Lake Fair 2 hours to shop Join your Swansea group friends for catch up over coffee at the shops	Scenic drive and BBQ lunch, weather pending
Monday 19 January	Tuesday 20 January	Wednesday 21 January	Thursday 22 January	Friday 23 January
Coffee Club Channel Cafe	Scenic drive and lunch Gunyah Hotel	Bus outing with Sharon and a small group NEW Op Shop and Belmont Hotel lunch OR Men's Group BBQ lunch	Shopping Shuttle Lake Fair 2 hours to shop OR Scenic drive and brunch	Scenic drive and lunch Wallarah Recreation club
Monday 26 January	Tuesday 27 January	Wednesday 28 January	Thursday 29 January	Friday 29 January
AUSTRALIA DAY Public Holiday No Activities	Swansea Centre Australia day 'Lamingtons and Pies'	Men's Group – scenic drive and lunch	Shopping Shuttle Lake Fair 2 hours to shop	Newcastle foreshore Fish and Chips

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

Swansea Christmas Stall 2025

Thank you to all that came to support our 2nd annual Christmas Stall.

We are very proud of the works created throughout the year and donations from clients which we sold on the day.

Including our raffle sales and craft sales we have raised over \$650 as of the 8/12/25.

The raffle prize will be drawn on Tuesday 16th December at the hall during our end of year Bingo morning tea celebrations.



ActiveStrongerBetter



ActiveStrongerBetter is a national award-winning program in the Newcastle and Hunter region, offering low to moderate-intensity exercise classes for older adults that promote independence, confidence, health, and well-being. The program is supported by NSW Health and managed by Hunter Ageing Alliance and NovaCare Community Services.

Classes are as follows at Swansea:

Monday starting 19th January 2026

Active, Stronger, Better 10.30am-11.15am

OR

Strength Balance Relax including gentle yoga 1.00pm -1.45pm

Wednesday

Active, Stronger, Better 9.00am-9.45am

OR

Strength, Balance, Relax including gentle yoga 11.45am-12.30pm

Friday

Strength, Balance, Relax 12.15 -1.00pm