

# 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](mailto:milpara@novacare.org.au)

**BOOK NOW**

**4963 6356**

**or 1300 363 654**

## FEBRUARY 2026

Monday 2 February	Tuesday 3 February	Wednesday 4 February	Thursday 5 February	Friday 6 February
Shopping Shuttle Lake Fair <b>Or</b> Morning Tea at Catherine Hill Bay Lunch: Mawson's Caves Beach	ASB Yoga 11am-11.45am - \$10 <b>Or</b> Morning Tea at Lexie's Stockton Lunch: Medowie Macadamias	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara	Scenic Drive & Morning Tea Lunch: Wangi	Scenic Drive & Morning Tea Lunch: The Rectory Raymond Terrace
Monday 9 February	Tuesday 10 February	Wednesday 11 February	Thursday 12 February	Friday 13 February
Morning Tea at Stockton Anna Bay Tomatoes Lunch: Fingal Bay Sports Club	ASB Yoga 11am-11.45am - \$10 <b>Or</b> Morning Tea The Trading Post, Belmont Lunch: Boolaroo Sports Club	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara	Willow Rose Wellness Farm Animal Interaction & Talk \$40 Lunch: TBD RSVP 4/2/26	Morning Tea at MOA Johnson's Farmgate Lunch: The Albion Hotel
Monday 16 February	Tuesday 17 February	Wednesday 18 February	Thursday 19 February	Friday 20 February
Shopping Shuttle Lake Fair <b>Or</b> Morning Tea at Macca's Lunch: Ozzie the Mozzie Hexham	ASB Yoga 11am-11.45am - \$10 <b>Or</b> Morning Tea at Ben Ean Patisserie Lunch: Taste of The Hunter	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara	Marthaville Arts & Craft Centre High Tea – 11am \$30 RSVP 11/2/26	Cycling Without Age Swansea Morning Tea at Pirrita Reserve Lunch: Swansea Hotel
Monday 23 February	Tuesday 24 February	Wednesday 25 February	Thursday 26 February	Friday 27 February
Port Waratah Coal Service Tour Lunch: Seven Seas Carrington	ASB Yoga 11am-11.45am - \$10 <b>Or</b> Hunter Valley Zoo RSVP 17/2/26 <b>Or</b> Lunch outing	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara	Craft Group <b>Or</b> 8 at Trinity - \$\$\$ RSVP 17/2/26 <b>Or</b> Scenic Drive & Morning Tea Lunch: The Boatshed Bonnells Bay	Morning Tea at Dixon Park Newcastle Art Gallery Lunch: Mary Ellen

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 2026, we're looking forward to a year filled with wonderful events, new outings, and shared moments together. This year brings fresh opportunities to connect, explore, and enjoy experiences that support wellbeing, friendship, and fun. We're excited to share new activities and outings in the months ahead. Thank you for being part of the NovaCare community — we look forward to an amazing year together. Here's to a happy, healthy, and connected 2026!



## Preventing Heat Stress in Older People

Older people are more at risk of heat stress in summer, and it can become serious quickly. *This advice is based on a Clinical Alert from the Australian Government's Chief Clinical Advisor.*

Call 000 immediately if someone has confusion, vomiting, a very high temperature, weak/rapid pulse, seizures, or loses consciousness.

Staying cool and hydrated helps prevent heat stress:

- Drink fluids regularly, even if you don't feel thirsty
- Stay in cool, shaded, or air-conditioned areas
- Wear light, loose-fitting clothing
- Avoid going out during the hottest part of the day
- Use fans or air conditioning where possible
- Take lukewarm showers or use cool cloths to cool down
- If you don't have air conditioning, use a fan with a damp towel placed in front to help cool the air



If you're worried about your wellbeing during a heatwave, contact family, your GP, or 000 in an emergency.

At NovaCare, we may adjust outings during hot weather to follow this advice—this may mean outings are shorter so everyone is home before the hottest part of the day, and we will also include at least one stop in an air-conditioned location.

## A Note About Our Name

We understand that at times organisations can share similar or familiar names, which may occasionally cause confusion. We would like to clarify that NovaCare is not affiliated with, nor associated in any way with the Mater Hospital or Mater Health Services.

NovaCare operates independently and provides community-based services focused on supporting people to live well and remain connected in their own homes and communities.



If you ever have questions about our services or need clarification, please don't hesitate to contact our team — we're always happy to help.

**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**