

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

FEBRUARY 2026

Monday 2 February	Tuesday 3 February	Wednesday 4 February	Thursday 5 February	Friday 6 February
Seniors Centre 9.30am - 2pm And/Or Active Stronger Better – 2pm	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm Or Shopping Shuttle – Lake Haven 9.30am	Seniors Centre 9.30am - 2pm Or Walkie Talkies	Seniors Centre 9.30am - 2pm
Monday 9 February	Tuesday 10 February	Wednesday 11 February	Thursday 12 February	Friday 13 February
Seniors Centre 9.30am - 2pm And/Or Active Stronger Better – 2pm	Seniors Centre 9.30am - 2pm Or Shopping bus - Local	Seniors Centre 9.30am - 2pm Or Outing – Budgewoi Nursery & Lunch	Seniors Centre 9.30am - 2pm Or Food w friends	Seniors Centre 9.30am - 2pm
Monday 16 February	Tuesday 17 February	Wednesday 18 February	Thursday 19 February	Friday 20 February
Seniors Centre 9.30am - 2pm And/Or Active Stronger Better – 2pm	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm Or Shopping Shuttle - Tuggerah	Seniors Centre 9.30am - 2pm Or Walkie Talkies – 9.30am	Seniors Centre 9.30am - 2pm
Monday 23 February	Tuesday 24 February	Wednesday 25 February	Thursday 26 February	Friday 27 February
Seniors Centre 9.30am - 2pm And/Or Active Stronger Better – 2pm	Seniors Centre 9.30am - 2pm Or Happy Hour – 2.30pm	Seniors Centre – Day Centre And/Or Movie Moguls – 2.15pm	Seniors Centre 9.30am - 2pm Or 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 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.

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

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 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. Call 4973 3855 (line 1)



Movie Moguls presents: Agatha Christie's SEVEN DIALS

Based on Agatha Christie's novel "The Seven Dials Mystery," this movie delivers an unexpected twist on playful antics. A group of house guests decides to prank a fellow guest, Gerry...little do they know the prank spirals into a chilling mystery.

Wednesday 25 February at 2.15pm

@ Seniors Day Centre

Transport available (if req.)

Afternoon tea and lucky door prize draw

Cost: \$10



Monthly Outing - Budgewoi Nursery & Halekulani Bowling Club



When: Wednesday 11th February

Time: Pick up to commence after 9.30am

Cost: \$10 (bus) and money to purchase lunch



Spotlight - Individual Social Support & Domestic Assistance CHSP – (Commonwealth Home Support Program)

To access these services, you will require a referral code from My Aged Care – 1300 200 422.

Through these programs we can assist with shopping services and supported transports to appointments and housecleaning (Domestic Assistance).

Cost for these services are \$15 p/hour + transports are \$1 p/km (first 10kms is free), to find out more call Viv on: 4973 3855 (line 1).



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.