

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

FEBRUARY 2026

Monday 2 February	Tuesday 3 February	Wednesday 4 February	Thursday 5 February	Friday 6 February
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch outing	Men's Group Maitland lunch outing ladies		Scenic drive & Morning tea
Monday 9 February	Tuesday 10 February	Wednesday 11 February	Thursday 12 February	Friday 13 February
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	<i>Movie day</i> @ Hoyts Charlestown	Men's Group	Day of fun @ Milpara	Scenic drive & Lunch
Monday 16 February	Tuesday 17 February	Wednesday 18 February	Thursday 19 February	Friday 20 February
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch outing	Men's Group Maitland lunch outing Ladies		Scenic drive & Morning tea
Monday 23 February	Tuesday 24 February	Wednesday 25 February	Thursday 26 February	Friday 27 February
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch outing	Men's Group	Day of fun @ Milpara	Scenic drive & Lunch

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 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.

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.