

What's On!



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

SWANSEA SOCIAL CALENDAR

FEBRUARY 2026

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

Monday 2 February	Tuesday 3 February	Wednesday 4 February	Thursday 5 February	Friday 6 February
Coffee Club Murrays Beach Cafe	'Bunnings' Boolaroo Sports Club lunch 	Sharons group Café 360 OR Men's Group outing Café 360 Belmont + lunch TBC	Morning Brew Club + Shopping Shuttle ALDI Mt Hutton Please see information for this new service	Scenic drive and lunch at Warners at the Bay
Monday 9 February	Tuesday 10 February	Wednesday 11 February	Thursday 12 February	Friday 13 February
Coffee club Mawsons Cafe	Paint and Sip Swansea centre \$22 cost, lunch included + transport RSVP date 6/2/26	Men's group outing	Shopping Shuttle – Lake Macquarie Fair, Mt Hutton OR Swansea RSL FAB 60s Chart toppers \$30 concert cost, lunch included + transport RSVP date 5/2/26	3 Sicilians, Stockton Valentine's Day celebrations Wear something red 
Monday 16 February	Tuesday 17 February	Wednesday 18 February	Thursday 19 February	Friday 20 February
Coffee Club – 'The Rectory' Raymond Terrace	Scenic drive and lunch at The Ary, Toukley	Sharons group and mens group combined Brunch ONLY outing locally Staff training	Morning Brew Club + Shopping Shuttle Belmont Citi Centre Please see information for this new service	'Snags on the barbie' BBQ lunch, weather pending
Monday 23 February	Tuesday 24 February	Wednesday 25 February	Thursday 26 February	Friday 27 February
Coffee Club – Caves Beach	Swansea Centre 'Master Chef' No cooking, creating delicious treats \$15 cost, lunch included + transport RSVP 20/2/26	Men's Group outing	Shopping Shuttle – Lake Haven shopping centre 2 hours to shop	Scenic drive and lunch at the Hunter Wetlands, Shortland

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.

Shopping Shuttle Service – new arrangements

Morning Brew Club will now be included in the shopping shuttle service fortnightly. The Brew Club will be supported by our wonderful Novacare staff, taking you for a morning beverage before your shopping shuttle service. It may be a stop along the way or a new café at a new shopping location. Shopping shuttle service will also be taking you to some new venues for you to do your weekly shopping (3 light bags).

Please keep in mind when booking for this service.

We will continue to have a regular shopping shuttle trip to Lake Haven and Lake Macquarie Fair, once a month.

The shopping shuttle provides consumers with a convenient transport option to access a local shopping centre, supporting their independence and community participation.

- Consumers are collected from their homes by the shuttle service.
- They are transported to a designated shopping centre.
- Consumers complete their own shopping independently.
- After a set period, they need to be able to make their way back to the designated pick-up point to meet the bus so they can be transported back to their homes.

This is a low touch outing with minimal staff supervision.

Consumers must have:

- The endurance to walk through the shopping centre and carry their purchases.
- The cognitive ability to navigate the centre, manage money, and make independent decisions.

Staff are present only to coordinate transport and respond to emergencies if they arise, not to provide individual support. Staff will assist with carrying shopping into the consumer's home.

*The cost of coffee and morning tea is at your own expense.

Paint and Sip

This **paint and sip** event is a social activity where participants will be guided by staff to create a painting on canvas while enjoying their favourite food and beverages. It's a popular form of "fun art, not fine art" entertainment that requires no prior artistic experience. The session will be set up for your enjoyment with a focus on unwinding and a relaxed, non-judgmental atmosphere. The cost is \$22 with lunch and mocktails included.



Expressions of interest



As we age, prioritising health and wellbeing becomes more important than ever. Small, consistent healthy choices can reduce the risk of illness, support mobility and memory, and help you continue enjoying the things that matter most.

Tuesday morning before our centre-based activities, we would like to introduce a short session of light exercise and relaxation.

Please let staff know if you would be interested and if you have any questions, please don't hesitate to call Michelle.