

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**

### MARCH 2026

| Monday 2 March   | Tuesday 3 March   | Wednesday 4 March  | Thursday 5 March   | Friday 6 March   |
|--|---|--|--|--|
| Alison Homestead Wyong Tour & Lunch<br>RSVP - 24.2.26  | ASB Yoga<br>11am-11.45am - \$10<br><b>Or</b><br>Pies in the Park<br>Morpeth   | Active.Stronger.Better<br>10.45am-12pm - \$10 & Lunch at Milpara | Morning Tea at Maccas<br>Lunch: Nelson Bay Golf Club   | Morning Tea at Table One Espresso<br>Lunch: The Gunyah Belmont     |
| Monday 9 March   | Tuesday 10 March  | Wednesday 11 March   | Thursday 12 March  | Friday 13 March  |
| Seniors Week Aqua Fit Class at Charlestown Pool & Morning Tea<br>Free 9.15-10am<br><b>Or</b><br>Morning Tea at Bostin Brew<br>Lunch: 3 Sicilians, Stockton | ASB Yoga<br>11am-11.45am - \$10<br><b>Or</b><br>Event Cinema's Gold Class<br>Lunch: The Rooftop Kotara, RSVP 3.3.26<br><b>Or</b><br>Picnic at Pelican                                     | Active.Stronger.Better<br>10.45am-12pm - \$10 & Lunch at Milpara | Seniors Week Live Life in Colour<br>Morning Tea at Gregson Park<br>Lunch: TBD                  | Scenic Drive<br>Lunch: East Maitland Golf Club                     |
| Monday 16 March  | Tuesday 17 March  | Wednesday 18 March   | Thursday 19 March  | Friday 20 March  |
| Shopping Shuttle Lake Fair<br><b>Or</b><br>Lake Macquarie Art Gallery First Class 25 – HSC Art works<br>Lunch: Maddz on York Teralba                       | <b>St Patrick's Day</b><br>ASB Yoga<br>11am-11.45am - \$10<br><b>Or</b><br>Come and celebrate <b>St Patrick's</b> at Harrigan's Cameron Park<br><b>Dress in Green</b><br>Games and Prizes | Active.Stronger.Better<br>10.45am-12pm - \$10 & Lunch at Milpara | Picnic/BBQ<br>Sandy Beach  | Morning Tea at MOA Johnson's Farm Gate<br>Lunch: Seven Seas        |
| Monday 23 March  | Tuesday 24 March  | Wednesday 25 March   | Thursday 26 March  | Friday 27 March  |
| Hunter Valley Day Trip   | ASB Yoga<br>11am-11.45am - \$10<br><b>Or</b><br>Morning Tea at Eleebana<br>Lunch: Babbington's \$\$<br>RSVP - 17.03.26  | Active.Stronger.Better<br>10.45am-12pm - \$10 & Lunch at Milpara | Craft Group<br><b>Or</b><br>Scenic Drive & Morning Tea<br>Lunch:<br>West Wallsend Workers Club | Morning Tea at Food & Friendship<br>Lunch: Warners Bay Sports Club |
| Monday 30 March  | Tuesday 31 March  |  |  |  |
| Shopping Shuttle Lake Fair<br><b>Or</b><br>Scenic Drive<br>Lunch: Wangi Hotel  | ASB Yoga<br>11am-11.45am - \$10<br><b>Or</b><br>Ferry or bus to Stockton<br>Lunch: The Gladstone Hotel Stockton   |  |  |  |

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: \_\_\_\_\_

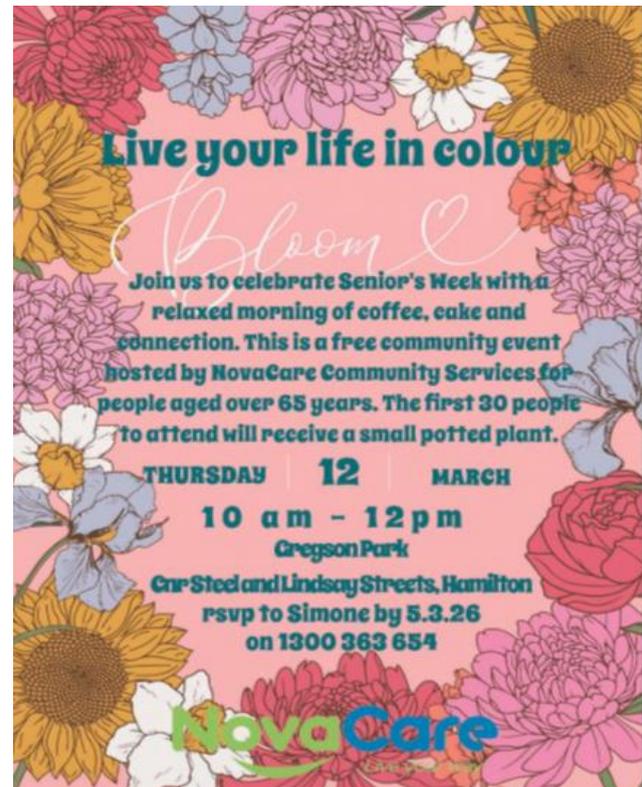
## Seniors Week: Live Life in Colour

This Seniors Week, we're inviting our community to *live life in colour* with a relaxed morning of coffee, cake and connection in the beautiful surroundings of **Gregson Park, Hamilton**.

Join us between **10:00am and 12:00pm**, where a coffee van will be onsite serving fresh coffee, and there'll be cake to enjoy while soaking up the atmosphere and good company. It's the perfect chance to get out, catch up, and celebrate the joy of community.

To add a little extra colour to the day, the **first 30 people** to attend will receive a **small potted plant**, lovingly made by our **Cottage guests** as a special Seniors Week gift. Each pot is a celebration of creativity, care, and the vibrant lives we all continue to lead.

Come along, bring a friend, and help us celebrate Seniors Week by living life in colour — one coffee, one conversation, and one splash of colour at a time.



## Staying Connected Through Social Support

At NovaCare, we know that staying socially connected and engaged in the community plays a vital role in wellbeing. Our *Individual Social Support* service is designed to help people get out and about with confidence, whether that's attending appointments, running errands, or enjoying social activities.

This is a one-on-one, door-to-door service provided by either a staff member or a dedicated volunteer. The service begins at pick-up from your home and continues until you are safely dropped home or the venue requested. Travel time, wait time, and time spent at the appointment or activity are all included as part of the service.

The cost for Individual Social Support is **\$15 per hour**, plus **\$1 per kilometre** (with the first 10 kilometres free). The fee is the same whether the support is delivered by a staff member or a volunteer. While volunteers generously use their own vehicles, NovaCare reimburses them for this — helping us keep the service accessible while supporting our valued volunteers.

This personalised support helps people stay independent, connected, and actively involved in their community — because meaningful engagement makes a real difference

## 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 Community Services is not affiliated with, nor associated in any way with the Mater Hospital or Mater Health Services.



NovaCare Community Services 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**