

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

MARCH 2026

Monday 2 March	Tuesday 3 March	Wednesday 4 March	Thursday 5 March	Friday 6 March
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 9.30am	Seniors Centre 9.30am - 2pm
Monday 9 March	Tuesday 10 March	Wednesday 11 March	Thursday 12 March	Friday 13 March
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	Seniors Centre 9.30am - 2pm Or Food w Friends 9.30am	Seniors Centre 9.30am - 2pm
Monday 16 March	Tuesday 17 March	Wednesday 18 March	Thursday 19 March	Friday 20 March
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 9.30am	Seniors Centre 9.30am - 2pm Or Walkie Talkies 9.30am	Seniors Centre 9.30am - 2pm
Monday 23 March	Tuesday 24 March	Wednesday 25 March	Thursday 26 March	Friday 27 March
Seniors Centre 9.30am - 2pm And/Or Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm Or Outing: Op shop and Café 9.30am	Seniors Centre 9.30am - 2pm And/Or Movie Moguls 2.15pm	Seniors Centre 9.30am - 2pm Or Food w Friends 9.30am	Seniors Centre 9.30am - 2pm
Monday 30 March	Tuesday 31 March			
Seniors Centre 9.30am - 2pm And/Or Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm Or Happy Hour 2.30pm			

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: _____

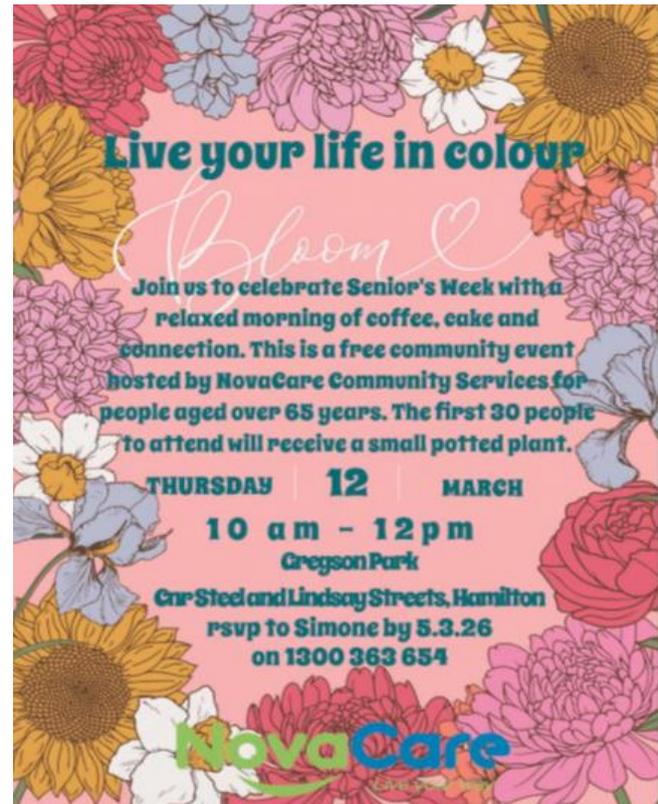
Seniors Week: Live Life in Colour

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.

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).

Commencing in April (14th TBC)

8-week program – Tuesdays 10am-12noon

Not too late to book your spot

For further details call Viv 4973 3855 (line 1)



Walkie Talkies

Fortnightly on a Thursday we take a group out for a walk around various places across our beautiful Lake Macquarie area. We have participants at all different levels of fitness and mobility; some even bring their 4 wheeled walkers (a seat if you get tired).

We endeavour to find paths that are relatively flat, some seating for rest stops and toilets nearby. We call ourselves the Walkie Talkies – as there is lots of talking, laughs and fun as we enjoy the fresh air and views around our stunning area, as we get mobile and do some walking. We often enjoy each other's company over a coffee and a light lunch if there is somewhere nearby after our walk.

If you would like to join us and want more information, please contact us on 4973 3855 (line 1).



Movie Moguls presents: FAMILY SWITCH

A comedy about the Walker family, working couple Jess and Bill, along with their three kids CC, Wyatt and Miles - are a divided family, the parents and the children routinely find themselves at odds, primarily due to their respective outlooks on life.

On a family trip a strange thing happens which will give each family member a new perspective and teach lessons in empathy and understanding.

Wednesday 25th March at 2.15pm

@ Seniors Day Centre

Transport available (if req.)

Afternoon tea and lucky door prizes, transport available (if required)

Cost: \$10



Monthly Outing - Op Shops – AHOY!



We'll head off to some of our favourite op shops and browse for some pre-loved treasures. Maybe an outfit for a special occasion, some interesting Brac a Brac or collectable. Or bring a bag of clothes to donate.

We will stop for some light refreshments before heading home with our bargains. We always have a lot of fun on these trips.

When: Tuesday 24th March

Cost: \$10 (bus) and money for shopping and food

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.