

What's On!

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

SUPPORT AT HOME SOCIAL CALENDAR

For bookings call 1300 363 654

MARCH 2026

For more information or bookings please contact Head Office on 1300 363 654.

Monday 2 March	Tuesday 3 March	Wednesday 4 March	Thursday 5 March	Friday 6 March
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch outing	Men's Group Maitland lunch outing ladies	 At Milpara	Scenic drive & Morning tea
Monday 9 March	Tuesday 10 March	Wednesday 11 March	Thursday 12 March	Friday 13 March
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Light Rail Newcastle & Lunch	Men's Group	Coffee club or Lunch outing	Scenic drive & Lunch
Monday 16 March	Tuesday 17 March	Wednesday 18 March	Thursday 19 March	Friday 20 March
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch outing	Men's Group Maitland lunch outing Ladies	 At Milpara	Scenic drive & Morning tea
Monday 23 March	Tuesday 24 March	Wednesday 25 March	Thursday 26 March	Friday 27 March
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch outing	Men's Group	Day of fun @ Milpara	Scenic drive & Lunch
Monday 30 March	Tuesday 31 March			
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Special Event Dinner Dance at Swansea social centre. 10.30am RSVP:23.03.26 			

Program subject to change. Activities included in this program are funded through the Support at Home Program.

Supported by the Australian Government Department of Health, Disability and Ageing.

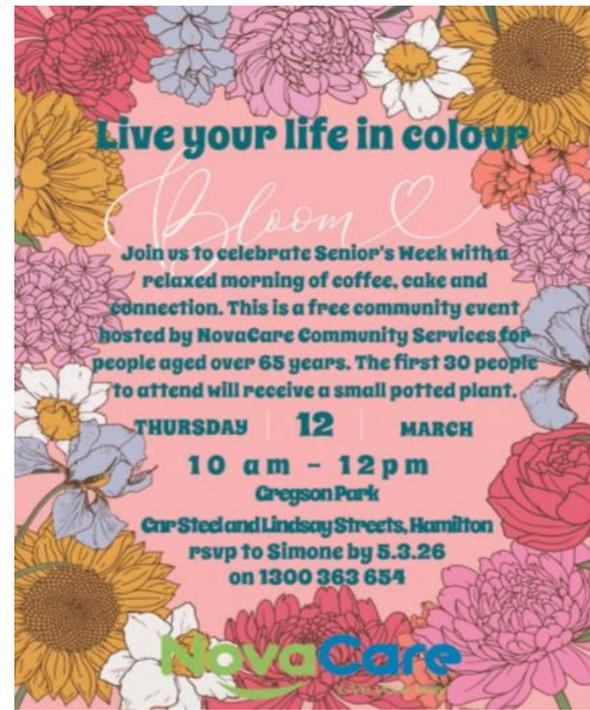
Seniors Week: Live Life in Colour

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.



Special Event – Dinner Dance



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.