

# What's On!

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

## SWANSEA SOCIAL CALENDAR

For bookings call 4972 1318 or 1300 363 654 or email [support@novacare.org.au](mailto:support@novacare.org.au)

### MARCH 2026

Monday 2 March	Tuesday 3 March	Wednesday 4 March	Thursday 5 March	Friday 6 March
Coffee Club Channel Café Swansea	Hunter Valley Zoo and BBQ lunch Entry fee + transport RSVP 24/2/26	Sharons group Scenic drive and lunch <b>OR</b> Men's Group Belmore Hotel lunch	Shopping Shuttle Lake Mac Fair, Mt Hutton	Scenic drive and lunch at The Yard Brewery, Morisset
Monday 9 March	Tuesday 10 March	Wednesday 11 March	Thursday 12 March	Friday 13 March
Coffee Club Picnic	Armchair travel to Mexico Swansea centre lunch included. HOLA!	Men's Group Outing	Seniors' week outing See back for details Gregson Park, Hamilton <b>OR</b> Shopping shuttle Lake Mac Fair, Mt Hutton	Scenic drive and lunch at Medowie Macadamias
Monday 16 March	Tuesday 17 March	Wednesday 18 March	Thursday 19 March	Friday 20 March
Coffee Club Poppy's Nursery Cafe	Scenic drive and lunch The Diggers, Entrance	Sharons Group Scenic drive and lunch <b>OR</b> Men's group Scenic drive and lunch at Medowie Macadamias	Shopping shuttle Lake Haven 2 hours to shop	Charlestown Leagues Club
Monday 23 March	Tuesday 24 March	Wednesday 25 March	Thursday 26 March	Friday 27 March
Coffee Club Belmont 16's	<u>SING Australia</u> performs and lunch Swansea centre	Men's Group outing Hunter Valley Zoo bacon and egg BBQ lunch Entry fee \$ RSVP 18/3/26	Morning Brew Club Shopping at 'The Moderne' Swansea	Scenic drive and bacon and egg BBQ lunch, Blackbutt Reserve Weather pending
Monday 30 March	Tuesday 31 March			
Coffee Club Beachside	<b>Special Event</b> Dinner Dance in centre.  10.30am  RSVP: 23.03.26 			

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.



## Special Event – Dinner Dance



## 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.

Swansea Social Centre Activities – March 2026



## 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 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.**

## 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

**Swansea office hours: 8.30am – 1.00pm, Monday to Friday.**

**If you need to call outside of these hours, please call Head Office anytime on 1300 363 654.**

**This program is subject to change**

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