

# What's On!

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

## TAYLORS BEACH SOCIAL CALENDAR

Day Trips from just \$10 plus expenses, Special Events and Taylors Beach Activities

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

### MARCH 2026

Monday 2 March	Tuesday 3 March	Wednesday 4 March	Thursday 5 March	Friday 6 March
Exercises 1pm-2pm	Exercises 10:30am – 11:30am <b>Or</b> The Lunch Bunch Pickups from 11:30am	Taylors Beach social lunch outing Participants choice of venue Pickups from 9am	Exercises 10:30am – 11:30am	Friday social outing East Maitland Golf Course Pickups from 8.45am
Monday 9 March	Tuesday 10 March	Wednesday 11 March	Thursday 12 March	Friday 13 March
Exercises 1pm-2pm <b>Or</b> Coffee Club Pickups from 9.30am	Exercises 10:30am – 11:30am <b>Or</b> The Lunch Bunch Pickups from 11:30am	Taylors Beach social lunch outing. Participants choice of venue Pickups from 9am	Exercises 10:30am – 11:30am <b>Or</b> Cafe Lunch Pickups from 11.30am	Friday Social Outing: Silly Solly's & Mortel's Café Thornton Pickups from 8.45am
Monday 16 March	Tuesday 17 March	Wednesday 18 March	Thursday 19 March	Friday 20 March
Exercises 1pm-2pm	Exercises 10:30am – 11:30am <b>Or</b> <b>St Patrick's Day</b> Lunch Bunch, Anna Bay Tavern  <b>Wear something Green</b> Pickups from 11:30am	Men's Club outing Pickups from 9am <b>Or</b> Coffee Club Pickups from 9.30am	Exercises 10:30am – 11:30am <b>Or</b> Café Lunch Pickups from 11.30am	Friday Bus Outing: Harrigan's Irish Pub Cameron Park Pickups from 8.45am
Monday 23 March	Tuesday 24 March	Wednesday 25 March	Thursday 26 March	Friday 27 March
Exercises 1pm-2pm <b>Or</b> Coffee Club Pickups from 9.30am	Exercises 10:30am – 11:30am <b>Or</b> The Lunch Bunch Pickups from 11:30am	Men's Club outing <b>Or</b> Coffee Club Pickups from 9.30am	Exercises 10:30am – 11:30am <b>Or</b> Cafe Lunch Pickups from 11.30am	Friday Bus Outing: The Hunter River Hotel Raymond Terrace Pickups from 8.45am
Monday 30 March	Tuesday 31 March			
Exercises 1pm-2pm	Exercises 10:30am – 11:30am <b>Or</b> The Lunch Bunch Pickups from 11:30am			

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.



The Lunch Bunch is heading out to celebrate **St Patrick's Day** with a relaxed and enjoyable lunch at **Anna Bay Tavern**, and you're invited.

It's a wonderful chance to enjoy good food, great company, and a few laughs with friends. To get into the spirit of the day, we'd love you to **wear something green** — whether it's a splash of colour or a full festive outfit!



## 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

**NovaCare Taylors Beach Social Centre: 6 Commerce Close, Taylors Beach**

**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.**