

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**

### MAY 2026

				Friday 1 May
				Morning Tea at Maccas Lunch: Pippi's at the Point
Monday 4 May	Tuesday 5 May	Wednesday 6 May	Thursday 7 May	Friday 8 May
ASB \$10 Lunch and Games <b>Or</b> Morning Tea at Café 360 Belmont Lunch: Valentine BC <b>Or</b> Shopping Shuttle Lake Fair	ASB Yoga 11am-11.45am - \$10 <b>Or</b> Morning Tea at Macca's Lunch: The Cross Keys Tighes Hill	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara	Craft Alive at Newcastle Racecourse \$16 entry RSVP 1 <sup>st</sup> May <b>Or</b> Hunter Wetlands Guided Tour \$6 Entry \$6 Nursery Plant Sales Morning Tea and Lunch RSVP 1 <sup>st</sup> May	Food & Friendship Warners Bay Mother's Day Stall 2 Course meal Roast Lamb and dessert \$20 RSVP by 4 <sup>th</sup> May
Monday 11 May	Tuesday 12 May	Wednesday 13 May	Thursday 14 May	Friday 15 May
ASB \$10 Lunch and Games <b>Or</b> Shopping Shuttle Lake Fair <b>Or</b> Morning Tea at Dixon Park Lunch: The Wickham Park Hotel	ASB Yoga 11am-11.45am - \$10 <b>Or</b> Morning Tea in Newcastle Art Gallery Lunch: Queens Wharf Hotel	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara	Craft Group <b>Or</b> Morning Tea at Table 1 Espresso Op Shopping at Warners Bay, Cardiff or Scenic Drive & Lunch: BNE Chinese Restaurant	Morning Tea at Bostin Brew Newcastle Flower Market Lunch: Saffron & Sage
Monday 18 May	Tuesday 19 May	Wednesday 20 May	Thursday 21 May	Friday 22 May
ASB \$10 Lunch and Games <b>Or</b> Morning Tea at Tasty Bites Lunch: Shortland Waters Golf Club <b>Or</b> Shopping Shuttle Lake Fair	ASB Yoga 11am-11.45am - \$10 <b>Or</b> Morning Tea at Caves Beach Lunch: Murrays Beach Cafe	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara	Baked Uprising Talk Tea/Coffee, pastries \$20 Lunch: The Mary Ellen RSVP 14 <sup>th</sup> May	Morning Tea at MOA Lunch: The Sunnyside Tavern
Monday 25 May	Tuesday 26 May	Wednesday 27 May	Thursday 28 May	Friday 29 May
ASB \$10 Lunch and Games <b>Or</b> Shopping Shuttle Lake Fair <b>Or</b> Cycling Without Age Nobby's Lunch: Swell Cafe	ASB Yoga 11am-11.45am - \$10 <b>Or</b> Morning Tea at Poppy's Dudley Beach Lookout Lunch: Central Charlestown Leagues Club	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara	Morning Tea at The Multicultural Centre, Waratah Lunch: Customs House Newcastle RSVP by 21 <sup>st</sup> May	Biggest Morning Tea Fashion Parade by Donna Lou Morning Tea, Games & Raffles at Maryland \$25 Lunch: TBD RSVP by 15 <sup>th</sup> May

This program is subject to change

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

## Stick it to the flu

Even healthy people can get very sick from flu. Getting an annual flu vaccination helps protect you and those around you.

The influenza vaccine is recommended for everyone aged 6 months and over.

Free flu vaccines are available under the National Immunisation Program for people at higher risk. This includes:

- children aged 6 months to under 5 years
- pregnant women (at any stage of pregnancy and every pregnancy)
- Aboriginal and Torres Strait Islander people aged 6 months and over
- people aged 65 years and over
- people with certain medical conditions.



Get your influenza vaccine now from your GP, community health clinic or participating pharmacy.

## 🌸 Happy Mother's Day from NovaCare 🌸

On May 10th we celebrate all the wonderful mothers, grandmothers, great-grandmothers and mother figures in our NovaCare community.

Thank you for the love, strength, kindness, wisdom and care you have shared with your families and those around you. ❤️

We hope your day is filled with appreciation, special moments and the joy you so richly deserve.



Happy Mother's Day to you all. 🌷

## Thank you to our volunteers – Volunteers Week 18-22 May

We are incredibly grateful for our volunteers, whose generosity and dedication enrich the lives of our participants. Whether it's sharing a conversation, supporting an activity, or simply being there, they make a real and lasting difference every single day. Through initiatives like Cycling Without Age, our volunteers extend that impact even further—bringing connection, and a sense of freedom to people across the community, ensuring more individuals can experience meaningful moments and social inclusion.



## Cancellation of bookings and services

Please remember to provide at least 48 hours' notice if you need to cancel your booking; if it's outside of business hours, you're welcome to call and leave us a message on 1300 363 654 and we'll follow it up as soon as possible.

## Fuel

Due to the current fuel crisis and the potential for fuel rationing in the coming months, there may be a need to review and adjust our programs and outing locations at short notice. We will let you know of any changes as soon as possible.



**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: \_\_\_\_\_

**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.**