

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**

### MAY 2026

				Friday 1 May	
				Seniors Centre 9.30am - 2pm <b>Or</b> Walkie Talkies 9.30am	Seniors Centre 9.30am - 2pm
Monday 4 May	Tuesday 5 May	Wednesday 6 May	Thursday 7 May	Friday 8 May	
Seniors Centre 9.30am - 2pm <b>And/Or</b> Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm <b>Or</b> Strength & Balance – Falls Program	Seniors Centre 9.30am - 2pm <b>Or</b> Shopping Shuttle Lake Haven - 9.30am	Seniors Centre 9.30am - 2pm <b>Or</b> Food w Friends - 9.30am	Seniors Centre 9.30am - 2pm	
Monday 11 May	Tuesday 12 May	Wednesday 13 May	Thursday 14 May	Friday 15 May	
Seniors Centre 9.30am - 2pm <b>And/Or</b> Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm <b>Or</b> Strength & Balance – Falls Program <b>Or</b> Shopping Bus - Local	Seniors Centre 9.30am - 2pm <b>Or</b> Monthly Outing – TRIKES Newcastle Foreshore	Seniors Centre 9.30am - 2pm <b>Or</b> Walkie Talkies - 9.30am	Seniors Centre 9.30am - 2pm	
Monday 18 May	Tuesday 19 May	Wednesday 20 May	Thursday 21 May	Friday 22 May	
Seniors Centre 9.30am - 2pm <b>And/Or</b> Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm <b>Or</b> Strength & Balance – Falls Program	Seniors Centre 9.30am - 2pm <b>Or</b> Shopping Shuttle Tuggerah - 9.30am	Seniors Centre 9.30am - 2pm <b>Or</b> Food w Friends - 9.30am	Seniors Centre 9.30am - 2pm	
Monday 25 May	Tuesday 26 May	Wednesday 27 May	Thursday 28 May	Friday 29 May	
Seniors Centre 9.30am - 2pm <b>And/Or</b> Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm <b>Or</b> Strength & Balance – Falls Program <b>Or</b> Happy Hour - 2.30pm	Seniors Centre 9.30am - 2pm <b>And/Or</b> Movie moguls – 2.15pm	Seniors Centre 9.30am - 2pm <b>Or</b> Walkie Talkies	Seniors Centre 9.30am - 2pm	

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: \_\_\_\_\_

## SPOTLIGHT

### Monthly Outings

We organise an outing each month, that cater for all tastes we usually take the train/ light rail/ ferry and on occasion our comfy bus. We have had meals out, taken boat trips, visited some local Op Shops, enjoyed the theatre, museums, and galleries. We have staff to assist you, and we have a wonderful time together enjoying a meal, or an experience, and there's lots of laughter, fun and friendships made. Watch the newsletter and see if there's something that you may be interested in attending and call the number below. Conditions apply...if you are nervous about travelling on public transport, don't worry we are here to help and we have taken people of all levels of mobility on these outings, you will be surprised how easy it can be. To book in or any enquiries call 4973 3855



### Movie Moguls presents: Falling INN Love

When city girl Gabriela spontaneously enters a contest and wins a rustic New Zealand inn – “Bellbird Valley Farm”. Gabriela teams up with bighearted contractor Jake Taylor to fix and flip it. *Romantic Comedy*

**Wednesday Date 27<sup>th</sup> May at 2.15pm**

@ Seniors Day Centre

Transport available (if req.)

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

**Cost: \$10**



### Monthly Outing



#### Wednesday 13 May

We will take the train and light rail to Queens wharf where we will meet the TRIKE Pilots – who will take us on a ride on Newcastle's Foreshore We will have lunch at Queens Wharf before returning home.

Bring OPAL/ debit card for public transport travel and money for lunch.

Call 4973 3855 to book your spot.

**You're Invited** - Wangi/Rathmines Singers will be coming in May to our **Happy Hour Group**.

Singing all your old favourites, they are very entertaining gentlemen.

**Tuesday 26 May @ 2.30pm**

At Seniors Centre – 143 Dora St, Morisset

\$5 afternoon tea included. Book your seat 4973 3855



## 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.



**This program is subject to change**

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

**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.**