

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

MAY 2026

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

| | | | | Friday 1 May |
|--|----------------|--|---|---------------|
| | | | | Scenic drive |
| Monday 4 May | Tuesday 5 May | Wednesday 6 May | Thursday 7 May | Friday 8 May |
| Exercise classes @ 10:30am lunch & afternoon of fun @Milpara | Lunch Outing | Men's Group |  At Milpara | Scenic drive |
| Monday 11 May | Tuesday 12 May | Wednesday 13 May | Thursday 14 May | Friday 15 May |
| Exercise classes @ 10:30am lunch & afternoon of fun @Milpara | Lunch outing | Men's Group Maitland lunch outing Ladies | Coffee Club Or Lunch outing | Scenic drive |
| Monday 18 May | Tuesday 19 May | Wednesday 20 May | Thursday 21 May | Friday 22 May |
| Exercise classes @ 10:30am lunch & afternoon of fun @Milpara | Lunch outing | Men's Group | Coffee Club Or Lunch outing | Scenic drive |
| Monday 25 May | Tuesday 26 May | Wednesday 27 May | Thursday 28 May | Friday 29 May |
| Exercise classes @ 10:30am lunch & afternoon of fun @Milpara | Lunch Outing | Men's Group Maitland lunch outing Ladies | Coffee club or Lunch outing | Scenic drive |

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.



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.