

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

MAY 2026

				Friday 1 May
				Scenic drive and lunch Belmont Hotel
Monday 4 May	Tuesday 5 May	Wednesday 6 May	Thursday 7 May	Friday 8 May
Coffee Club Channel Café Swansea	Swansea centre Centre based Mother's Day Celebration and Craft	Men's Group Outing Cycling without age, Swansea Swansea RSL lunch	Shopping shuttle Lake Macquarie Fair, Mt Hutton Or Food and Friendship lunch Warners Bay Baptist Church	Scenic drive and lunch at Caves Beach Hotel
Monday 11 May	Tuesday 12 May	Wednesday 13 May	Thursday 14 May	Friday 15 May
Coffee Club Poppy's Nursery Cafe	Centre based Exercise and activities + lunch	Scenic drive Fraser beach + lunch nearby Or Men's Group outing Scenic drive + lunch	Shopping shuttle Lake Macquarie Fair, Mt Hutton	Scenic drive and lunch Teralba Bowling club
Monday 18 May	Tuesday 19 May	Wednesday 20 May	Thursday 21 May	Friday 22 May
Coffee Club Belmont 16s	Budgewoi Hotel	Men's Group outing Scenic Drive + BBQ lunch Weather pending	Shopping shuttle Lake Haven 2 hours to shop	Scenic drive and lunch locally
Monday 25 May	Tuesday 26 May	Wednesday 27 May	Thursday 28 May	Friday 29 May
Coffee Club Mawsons Café	Centre based Exercise and activities + lunch	Men's Group outing Scenic Drive + lunch No Sharon Group	Shopping shuttle Lake Fair, Mt Hutton 2 hours to shop	Biggest Morning Tea Fashion Parade by Donna Lou Morning Tea, Games & Raffles at Maryland - \$25 Lunch: TBD RSVP by 15 th May Or Lunch locally

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

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.

Friday 29th May



❀ 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.