

# 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 [taylorbsb@novacare.org.au](mailto:taylorbsb@novacare.org.au)

### MAY 2026

				<b>Friday 1 May</b> Social Bus Outing Morning Tea – Little Pantry Co. Lunch – Stockton Bowling Club. Pickups from 9.00am
<b>Monday 4 May</b>	<b>Tuesday 5 May</b>	<b>Wednesday 6 May</b>	<b>Thursday 7 May</b>	<b>Friday 8 May</b>
Exercises 1pm-2pm	Exercises 10:30am – 11:30am	“Lunch and View” Inner Light Tea Rooms Nelson Bay Pickups from 10:30am	Coffee Club 9:00am – 11:30am <b>Or</b> Lunch Bunch King of Spuds Pauls Corner Pickups from 10.30am	Social Bus Outing Morning Tea - Macadamia Farm Lunch - Lakeside Tavern. Raymond Terrace. Pickups from 9.00am
<b>Monday 11 May</b>	<b>Tuesday 12 May</b>	<b>Wednesday 13 May</b>	<b>Thursday 14 May</b>	<b>Friday 15 May</b>
Exercises 1pm-2pm	Exercises 10:30am – 11:30am	” Local Delight” Bubs Famous Fish n Chips Nelson Bay Pickups from 10:30am	<b>Tanilba Bay/Lemon Tree Passage bus outing</b> Morning tea – Macadamia Farm Lunch – Bull & Bush Medowie Pickups from 10.00am	Social Bus Outing Morning Tea – Fighter World. Lunch - Club Lemon Tree Pickups from 9.00am
<b>Monday 18 May</b>	<b>Tuesday 19 May</b>	<b>Wednesday 20 May</b>	<b>Thursday 21 May</b>	<b>Friday 22 May</b>
Exercises 1pm-2pm	Exercises 10:30am – 11:30am	“Asian Experience” Jumbo Palace Chinese Restaurant Nelson Bay Pickups from 10:30am	Coffee Club 9:00am – 11:30am <b>Or</b> Lunch Bunch River House Café Raymond Terrace Pickups from 10.30am	Social Bus Outing Morning Tea – Pauls Corner Lunch - Lexies on the Beach Stockton Pickups from 9.00am
<b>Monday 25 May</b>	<b>Tuesday 26 May</b>	<b>Wednesday 27 May</b>	<b>Thursday 28 May</b>	<b>Friday 29 May</b>
Exercises 1pm-2pm	Exercises 10:30am – 11:30am	Sugar Valley Library Museum. Lunch – Harrigan’s Irish Pub Cameron Park Pickups from 9am	Lunch Bunch Hogs Breath Café Nelson Bay Marina Pickups from 10.30am	Social Bus Outing Morning Tea – Botanical Gardens Lunch – Spinning Wheel Raymond Terrace Pickups from 9.00am

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: \_\_\_\_\_

# TAYLORS BEACH NEWS!

## 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.

## 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.

## 🌸 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.

**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.**