

# What's On!

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**

### JUNE 2026

Monday 1 June	Tuesday 2 June	Wednesday 3 June	Thursday 4 June	Friday 5 June
ASB \$10 Lunch and Games <b>Or</b> Shopping Shuttle Lake Fair <b>Or</b> Belmont 16's	ASB Yoga 11am-11.45am - \$10 <b>Or</b> Morning Tea: First Light Lambton Lunch: The Mary Ellen	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara  FIFA World Cup Sweep Drawn \$5 to be in it, winner takes it all	Craft Group <b>Or</b> Morning Tea: Green Point Lunch: Food and Friendship Warners Bay 2 course meal Baked Chicken & Sticky date pudding - \$17 RSVP 28 <sup>th</sup> May	Morning Tea: Bunnings Boolaroo Sports Club
Monday 8 June	Tuesday 9 June	Wednesday 10 June	Thursday 11 June	Friday 12 June
	ASB Yoga 11am-11.45am - \$10 <b>Or</b> Morning Tea: Milpara Lunch: 3 Sicillians Stockton	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch: Milpara	Cycling Without Age at Nobby's <b>And/Or</b> Morning Tea Games BBQ Lunch at Milpara	Morning Tea: Hungry Jacks Lunch: Windale Gateshead BC
Monday 15 June	Tuesday 16 June	Wednesday 17 June	Thursday 18 June	Friday 19 June
ASB \$10 Lunch and Games <b>Or</b> Shopping Shuttle Lake Fair <b>Or</b> Morning Tea: Oliver Brown Lunch: Your choice	ASB Yoga 11am-11.45am - \$10 <b>Or</b> Morning Tea: Catherine Hill Bay Lunch: Caves Coastal Hotel	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara	Dolly & Friends 2 Course Meal & show Swansea RSL \$30 RSVP 9 <sup>th</sup> June <b>Or</b> Scenic Drive & Lunch	Morning Tea: MOA Harrington Farmgate  Lunch: The Wicko
Monday 22 June	Tuesday 23 June	Wednesday 24 June	Thursday 25 June	Friday 26 June
ASB \$10 Lunch and Games <b>Or</b> Shopping Shuttle Lake Fair <b>Or</b> Morning Tea: Hungry Jacks Lunch: Minmi Hotel	ASB Yoga 11am-11.45am - \$10 <b>Or</b> Gold Class Movie Lunch: The Rooftop Kotara RSVP: 16 <sup>th</sup> June <b>Or</b> Scenic Drive Lunch: Warners Bay Sports	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara	Craft Group <b>Or</b> Scenic Drive Morning Tea and Lunch	Scenic Drive Morning Tea and Lunch
Monday 29 June	Tuesday 30 June			
ASB \$10 Lunch and Games <b>Or</b> Shopping Shuttle Lake Fair <b>Or</b> Brunch: White Cottage Whitebridge	ASB Yoga 11am-11.45am - \$10 <b>Or</b> Sketchley Cottage Tour & Lunch \$25 Cash Only RSVP 22 <sup>nd</sup> June			

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: \_\_\_\_\_

## FIFA World Cup

Starts - 11<sup>th</sup> June  
Sweep - \$5 cash entry  
Countries Drawn - 3<sup>rd</sup> June  
See Amanda



## Your Shopping Preferences Matter

When our staff support you with shopping, we want to make sure we purchase the items you prefer. Before leaving for the shops, staff will check your shopping list with you and confirm your choices — especially if you have requested a specific brand or product.

We may ask:

- Would you like a substitute item if your preferred brand is unavailable?
- Or would you prefer that we do not purchase the item at all?

By discussing this before shopping, we can make sure your preferences are respected and help avoid any unwanted purchases.

Thank you for working with us to make your shopping experience as smooth and personalised as possible.

## Feedback Shapes Better Services



At NovaCare, we value feedback because it helps us understand what we are doing well and where we can improve. Sharing your experiences, suggestions, and ideas allows us to continuously enhance the quality of the services we provide and ensure they meet the needs and expectations of our consumers and families.

Your feedback plays an important role in helping us create better outcomes, strengthen our services, and deliver the highest standard of care and support.

## A Simple Step for a Safer Winter

Winter is the peak season for viruses such as influenza (flu), COVID-19, and RSV, making vaccination one of the best ways to protect your health and wellbeing.

Older adults are at greater risk of serious illness, hospitalisation, and complications from these viruses, which is why staying up to date with vaccinations is so important. Free vaccines are available through the National Immunisation Program for eligible people, including flu vaccines for those aged 65 years and over, RSV vaccines for people aged 75 years and over, and recommended COVID-19 boosters for older adults. Vaccinations can be given at the same appointment and are available through GPs, pharmacies, community health centres, Aboriginal medical services, and aged care providers. Speak with your doctor or vaccination provider about the vaccines recommended for you this winter.



At NovaCare, our staff are currently receiving their winter vaccinations to help protect themselves, our consumers, and the wider community during the winter virus season

**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**