

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

JUNE 2026

Monday 1 June	Tuesday 2 June	Wednesday 3 June	Thursday 4 June	Friday 5 June
Seniors Centre 9.30am - 2pm And/Or Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm Or Shopping Shuttle Lake Haven - 9.30am	Seniors Centre 9.30am - 2pm Or Food w Friends - 9.30am	Seniors Centre 9.30am - 2pm
Monday 8 June	Tuesday 9 June	Wednesday 10 June	Thursday 11 June	Friday 12 June
	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm Or Walkie Talkies - 9.30am	Seniors Centre 9.30am - 2pm
Monday 15 June	Tuesday 16 June	Wednesday 17 June	Thursday 18 June	Friday 19 June
Seniors Centre 9.30am - 2pm And/Or Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm Or Outing – Newcastle Gallery and Lunch	Seniors Centre 9.30am - 2pm Or Shopping Shuttle Tuggerah - 9.30am	Seniors Centre 9.30am - 2pm Or Food w Friends - 9.30am	Seniors Centre 9.30am - 2pm
Monday 22 June	Tuesday 23 June	Wednesday 24 June	Thursday 25 June	Friday 26 June
Seniors Centre 9.30am - 2pm And/Or Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm Or Strength & Balance – Refresher Session	Seniors Centre 9.30am - 2pm Or Movie Moguls – 2.15pm	Seniors Centre 9.30am - 2pm Or Walkie Talkies - 9.30am	Seniors Centre 9.30am - 2pm
Monday 29 June	Tuesday 30 June			
Seniors Centre 9.30am - 2pm And/Or Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm Or Happy Hour - 2.30pm			

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



Each month (usually Wednesday) we host an afternoon matinee – on our big screen complete with surround sound...it's like being at the Picture Theatre – but more user friendly.

We try to cater for all tastes in viewing and endeavour to find something current. Happy for suggestions from the audience.

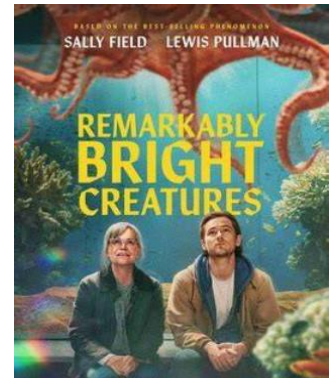
We provide afternoon tea at intermission, and we hold a lucky door prize draw, you might win a ½ price movie voucher.

If you are unable to get to the cinema and want to join us, you can drive to the centre, or we can provide transport. The cost is \$10 to enjoy the company of other movie goers. To book in or any enquiries call 4973 3855

Movie Moguls presents: Remarkably Bright Creatures

Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.

Starring Sally Field. **Afternoon tea & lucky door prizes, transport avail (if required)*



Wednesday Date 24th June at 2.15pm

@ Seniors Day Centre

Transport available (if req.)

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

Cost: \$10

Monthly Outing

Newcastle Art Gallery

Date: Tuesday 16 June

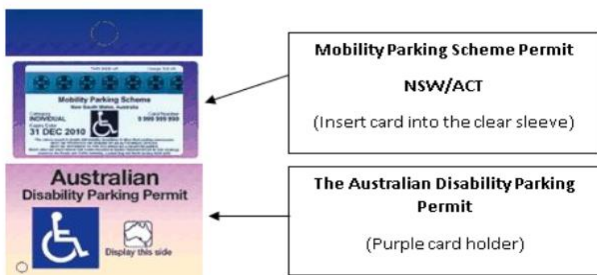
We will take the train from Morisset Station – catch the light rail to Civic and then take the 10min walk to the newly refurbished Art Gallery overlooking Civic Park, followed by lunch at The Clarendon Hotel.

Cost: Money for lunch and travel (OPAL card/debit card)

Book: 4973 3855



Information about MPS – Mobility Parking Scheme Permits



Please ensure that your pass – is not faded and legible to read and displayed as shown. Or you can be fined \$700+, and 1 demerit point for the owner of the vehicle, where your pass is displayed.

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

Volunteers Making a Difference Every Day

Last month, we proudly celebrate and recognise the incredible contribution of our volunteers. Their kindness, generosity, and dedication make a meaningful difference in the lives of our consumers, helping create connection and support throughout our community. Our volunteers support NovaCare in many ways, including working within our centres across a variety of roles, assisting with activities, transport, social visits, and community programs. We also recognise our Cycling Without Age volunteers who are out on the road providing enjoyable community rides and meaningful experiences for our consumers. Our volunteers play an important role in enhancing the wellbeing of those we support, and we sincerely thank them for the time, care, and compassion they give so generously every day.

This is some feedback from our Community Ride Day at Swansea.

Had a lovely morning at Swansea today, your volunteers are two of the loveliest, caring, gentleman, they are a credit to your organisation, my ladies had a wonderful time and thoroughly enjoyed their ride today. We will be back. Thank you for this service. I love finding new things to do with my small social support group of 80+ year old ladies.

Feedback like this is at the heart of what we do at NovaCare. Hearing that our volunteers created such a positive and memorable experience for members of the community reflects the care and connection we strive to provide every day. We are incredibly proud of our volunteers for helping people stay socially connected, active, and engaged in the community. Messages like these remind us of the meaningful difference our staff and volunteers make in the lives of others.

**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.**