

# 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

### JUNE 2026

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

Monday 1 June	Tuesday 2 June	Wednesday 3 June	Thursday 4 June	Friday 5 June
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	HOYTS CINEMA	Men's Group Fighter World lunch		Scenic drive
Monday 8 June	Tuesday 9 June	Wednesday 10 June	Thursday 11 June	Friday 12 June
	Lunch Outing	Men's Group Maitland lunch outing Ladies	Brunch outing	Scenic drive Or 1-1 visit
Monday 15 June	Tuesday 16 June	Wednesday 17 June	Thursday 18 June	Friday 19 June
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch outing Fishing Club Shoal Bay	Men's Group	Coffee Club	Scenic drive Or 1-1 visit
Monday 22 June	Tuesday 23 June	Wednesday 24 June	Thursday 25 June	Friday 26 June
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch outing	Men's Group	Coffee Club Or Brunch outing	Scenic drive Or 1-1 visit
Monday 29 June	Tuesday 30 June			
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch Outing			

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.

## 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. We also recognise our Cycling Without Age volunteers who are out on the road providing enjoyable community rides and meaningful experiences for our consumers.

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.