

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](mailto:support@novacare.org.au)

### JUNE 2026

Monday 1 June	Tuesday 2 June	Wednesday 3 June	Thursday 4 June	Friday 5 June
Coffee Club Murrays Beach Cafe	Lake Mac Art Gallery, Boolaroo Lunch at Toronto Workers Club	Men's Group outing Scenic Drive + The Yard Brewery' Morisset lunch	Shopping Shuttle Lake Macquarie Fair, Mt Hutton	Scenic drive and lunch Queens Wharf Hotel
Monday 8 June	Tuesday 9 June	Wednesday 10 June	Thursday 11 June	Friday 12 June
	Tropical Paint N Sip Including lunch \$22 Rsvp 2/5/26	Men's Group Outing East Gosford Japanese Gardens and Gallery	Shopping Shuttle Lake Macquarie Fair, Mt Hutton	Scenic drive and lunch at Lee Rowans Nursery Cafe
Monday 15 June	Tuesday 16 June	Wednesday 17 June	Thursday 18 June	Friday 19 June
Coffee Club Lee Rowans Nursery Cafe	Centre based Merry Mellows performance 'The Bold and the Beautiful' + lunch	Men's Group outing <b>Or</b> Sharon's group The Base Warehouse shopping + lunch nearby	Shopping Shuttle Lake Haven 2 hours to shop <b>Or</b> Swansea RSL concert 'Dolly and Friends' \$30 including lunch. RSVP 11 <sup>th</sup> June	Scenic drive and lunch locally
Monday 22 June	Tuesday 23 June	Wednesday 24 June	Thursday 25 June	Friday 26 June
Coffee Club Secret Café, Lake Haven Weather pending	Hillview Op Shop, Morisset + lunch nearby	Men's Group outing Café 360 + lunch locally	Shopping Shuttle Lake Macquarie Fair, Mt Hutton	Dixon Park morning tea + lunch at The Wicko
Monday 29 June	Tuesday 30 June			
Coffee Club Belmont 16's	Centre Based Exercise, bingo and activities + lunch			

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: \_\_\_\_\_

## Shopping Shuttle

The shopping shuttle provides consumers with a convenient transport option to access a local shopping centre, supporting their independence and community participation.

- Consumers are collected from their homes by the shuttle service.
- They are transported to a designated shopping centre.
- Consumers complete their own shopping independently.
- After a set period, they need to be able to make their way back to the designated pick-up point to meet the bus so they can be transported back to their homes.



This is a low-touch outing with minimal staff supervision.

Consumers must have:

- The endurance to walk through the shopping centre and carry their purchases.
- The cognitive ability to navigate the centre, manage money, and make independent decisions.

Staff are present only to coordinate transport and respond to emergencies if they arise, not to provide individual support. Staff will assist when boarding the bus and carrying shopping into the consumer's home. Please remember your shopping bags and coolers for your convenience and only 3 lightly filled bags per consumer.

If you require shopping that exceeds this limit, please talk to Michelle and we can arrange a staff member to take you. Please let staff/volunteer know when you are booking if you would like to join them before you shop for a coffee at one of the 3 wonderful cafes in the centre.

## 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.



**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.**