


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 [taylorbs@novacare.org.au](mailto:taylorbs@novacare.org.au)

### JUNE 2026

Monday 1 June	Tuesday 2 June	Wednesday 3 June	Thursday 4 June	Friday 5 June
Exercises 1pm-2pm	Exercises 10:30am – 11:30am	Social Bus Outing Spoon Bill Café, Hunter Wetlands Pickups from 10.am	Coffee Club 9:00am – 11:30am <b>Or</b> Lunch Bunch Mod Thai Pickups from 10.30am	Social Bus Outing. Lunch – Teagardens Tavern Pickups from 8.30am
Monday 8 June	Tuesday 9 June	Wednesday 10 June	Thursday 11 June	Friday 12 June
	Exercises 10:30am – 11:30am	Social Bus Outing Saltwater Restaurant Fingal Bay Pickups from 10:30am	<b>Tanilba Bay/Lemon Tree Passage bus outing</b> Lunch – 3 Sicillians Stockton Pickups from 10.00am	Special Event centre activity <b>Dinner Dance</b> 
Monday 15 June	Tuesday 16 June	Wednesday 17 June	Thursday 18 June	Friday 19 June
Exercises 1pm-2pm	Exercises 10:30am – 11:30am	Social Bus Outing Lunch - The Gladdy Stockton Pickups from 10:00am	Coffee Club 9:00am – 11:30am <b>Or</b> Lunch Bunch Nelson Bay Bowling Club Pickups from 10.30am	Social Bus Outing Morning Tea - The Rectory Raymond Terrace Lunch - East Maitland Golf and Leisure Club Pickups from 8.30am
Monday 22 June	Tuesday 23 June	Wednesday 24 June	Thursday 25 June	Friday 26 June
Exercises 1pm-2pm	Exercises 10:30am – 11:30am  Savings Specialist guest speaker 1.30pm – 3.00pm RSVP by 18 <sup>th</sup> June	Social Bus Outing Westpac Rescue Helicopter tour Lunch – Heatherbrae Pies Pickups from 8:00am	Lunch Bunch The Greenhouse Restaurant, Medowie Pickups from 10.30am	Social Bus Outing Lunch – Mayfiled Ex Services Club. All you can eat bistro Pickups from 9.00am
Monday 29 June	Tuesday 30 June			
Exercises 1pm-2pm	Exercises 10:30am – 11:30am			

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: \_\_\_\_\_

## 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.

## Come and talk to a Savings Specialist – Tuesday 23<sup>rd</sup> June – 1.30pm – 3.00pm

They can help you access savings, rebates and NSW Government services including:

- Energy rebates
- Transport and driving concessions and toll relief rebate
- NSW Seniors card and Seniors Savers card
- Pensioner travel vouchers and more



## Discover Tea Gardens Hotel – A Scenic Full Day Trip Friday 5<sup>th</sup> June

Situated on the other side of the bay, Tea Gardens Hotel is a little slice of paradise and a wonderful destination for those who enjoy getting out and exploring. Located approximately an hour's drive from Nelson Bay, this outing is a little longer than some of our usual trips, making it definitely a full day trip — but the stunning scenery and relaxing atmosphere make the journey well worth it.

Nestled along the picturesque Myall River, the hotel offers beautiful waterfront views and a welcoming environment to sit back and unwind. We will enjoy a delicious modern Australian menu while watching the boats drift by and taking in the peaceful surroundings.

**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.**