

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

BOOK NOW

4963 6356

or 1300 363 654

JULY 2026

| | | Wednesday 1 July | Thursday 2 July | Friday 3 July |
|--|--|---|--|--|
| | | Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara | Donna Lou Fashion Parade at Milpara Lucky Door Prize BBQ Lunch | Xmas in July at Food & Friendship Warners Bay 2 course meal \$20 RSVP 1 st July |
| Monday 6 July | Tuesday 7 July | Wednesday 8 July | Thursday 9 July | Friday 10 July |
| ASB \$10 Lunch and Games Or Shopping Shuttle Lake Fair Or Morning Tea: Café 360 Lunch: Argy Pies | ASB Yoga 11am-11.45am - \$10 Or Morning Tea: Tays Cake Co Lunch: The Valley Brewhouse | Active.Stronger.Better 10.45am-12pm - \$10 & Lunch: Milpara | Xmas in July High Tea at Taylor's Beach Social Centre \$30 RSVP 2 nd July | Morning Tea and Lunch Belmont 16 Footers |
| Monday 13 July | Tuesday 14 July | Wednesday 15 July | Thursday 16 July | Friday 17 July |
| ASB \$10 Lunch and Games Or Shopping Shuttle Lake Fair Or Morning Tea: Lee Rowan's Lunch: The Gunyah | ASB Yoga 11am-11.45am - \$10 Or Italian Feast at the cottage \$20 RSVP: 7 th July Or Scenic Drive & Lunch | Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara | Craft Group Or Morning Tea: Bostin Brew Lunch: Earp Distillery \$35 inc meal and drink RSVP 13 th July Or Scenic Drive & Lunch | Morning Tea: MOA Harrington Farmgate Lunch: The Albion |
| Monday 20 July | Tuesday 21 July | Wednesday 22 July | Thursday 23 July | Friday 24 July |
| ASB \$10 Lunch and Games Or Produce Trail M/T & Lunch: TBD along the way | ASB Yoga 11am-11.45am - \$10 Or Christmas in July at Swansea Centre \$30 RSVP 14 th July | Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara | Morning Tea: Medowie Macadamia's Lunch: The Bull and Bush | Morning Tea: Lake Macquarie Art Gallery Lunch: Central Charlestown Leagues Club |
| Monday 27 July | Tuesday 28 July | Wednesday 29 July | Thursday 30 July | Friday 31 July |
| ASB \$10 Lunch and Games Or Shopping Shuttle Lake Fair Or Morning Tea: Acacia Dining Lunch: The Windsor Castle Hotel | ASB Yoga 11am-11.45am - \$10 Or Morning Tea: Hayl Mary Lunch: Awaba House (if it's open) Otherwise, TBD | Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara | Morning Tea at Jimmy Joans Lovedale Lunch: Twine Restaurant Pokolbin \$\$ Or Scenic Drive and Lunch | Morning Tea at Toronto Lunch: BNE Chinese Restaurant Cardiff |

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: _____

Seniors Rights Service – Supporting Older Australians

The Senior's Rights Service is a free, independent, and confidential service that supports older people to understand and exercise their rights. The service provides information, advice, advocacy, and legal assistance to help older Australians make informed decisions and maintain their independence, dignity, and quality of life.

Seniors Rights Service can assist with a range of issues, including aged care services, elder abuse, financial concerns, guardianship, powers of attorney, housing matters, and access to community supports. Their experienced team works alongside older people, their families, and carers to ensure the voices and preferences of older individuals are heard and respected.

As Australia's population ages, services such as Seniors Rights Service play an important role in promoting the rights, wellbeing, and safety of older people. Whether someone needs guidance navigating the aged care system or support to address concerns about their rights, the service provides trusted advice and practical assistance.

For more information or to access support, contact Seniors Rights Service on 1800 424 079 or visit www.seniorsrightsservice.org.au.



Preparing for Your Support at Home Funding

If you have been assessed as eligible and are waiting for your Support at Home funding to be assigned, there are a few helpful steps you can take to prepare. Please ensure your contact details and support needs are up to date with My Aged Care, think about the services that may best support your independence at home, and continue accessing your current CHSP services while you wait. It is also helpful to understand how contributions may work under the new program, including lower standard fees for full pensioners. NovaCare will continue to support you through this transition, keep you informed, and guide you when your funding is assigned. If you have any questions or need assistance with the next steps, please contact our friendly team.

Christmas in July High Tea

You're invited to join us for a festive **Christmas in July High Tea** at the Taylors Beach Centre on **Thursday 9 July**. Enjoy a delicious selection of sweet and savoury treats, great company, and a touch of Christmas cheer as we celebrate together. Numbers are limited, so don't miss out—**book your seat today** to secure your place at this special event! RSVP 2nd July.



Italian Feast – Thursday 14th July

Join us for a delicious feast of authentic Italian food all lovingly prepared by the beautiful Belinda. ❤️👩🍳 Belinda loves sharing her passion and creating such a special experience for everyone! It will be a great day filled with laughter, great food, and wonderful memories.

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