

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

JULY 2026

		Wednesday 1 July	Thursday 2 July	Friday 3 July
		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 6 July	Tuesday 7 July	Wednesday 8 July	Thursday 9 July	Friday 10 July
Seniors Centre 9.30am - 2pm And/Or Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm Or Local Shopping Bus - 9.30am	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm Or Walkie Talkies - 9.30am	Seniors Centre 9.30am - 2pm
Monday 13 July	Tuesday 14 July	Wednesday 15 July	Thursday 16 July	Friday 17 July
Seniors Centre 9.30am - 2pm And/Or Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm	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 20 July	Tuesday 21 July	Wednesday 22 July	Thursday 23 July	Friday 24 July
Seniors Centre 9.30am - 2pm And/Or Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm	Seniors Centre 9.30am - 2pm Or Monthly Outing	Seniors Centre 9.30am - 2pm Or Walkie Talkies - 9.30am	Seniors Centre 9.30am - 2pm
Monday 27 July	Tuesday 28 July	Wednesday 29 July	Thursday 30 July	Friday 31 July
Seniors Centre 9.30am - 2pm And/Or Active Stronger Better 2pm	Seniors Centre 9.30am - 2pm Or Happy Hour - 2.30pm	Seniors Centre 9.30am - 2pm And/Or Movie Moguls - 2.15pm	Seniors Centre 9.30am - 2pm Or Food w Friends – 9.30am	Seniors Centre 9.30am - 2pm

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



NovaCare has Seniors Day Centre at the Morisset multipurpose centre which operates 5 days per week.

We provide transport to and from on our comfortable buses (if needed). We provide morning tea upon arrival with fresh baked goods, and a hot cooked lunch (we cater for all dietary requirements).

Our seniors enjoy fun activities, a gentle exercise program, occasional bus drives, sometimes we have entertainers come in. We have great friendships develop and it is a great opportunity to meet new people and Carers can also enjoy a break.

We have a beautiful sensory garden that our participants can enjoy. Our caring well-trained staff are available to assist, if you have any questions, please call the Morisset office: 4973 3855.

Movie Moguls presents: The Adam Project

Ryan Reynolds plays the title character, a fighter pilot who steals a time jet and lands in 2022, encountering his 12-year-old self (Scobell), who had been dealing with the loss of his father (Ruffalo) the year before, and must work together to prevent the assassination of his wife (Saldaña) and stop the leader from his timeline (Keener) from monopolizing time travel.



Wednesday Date 29th July at 2.15pm

@ Seniors Day Centre

Transport available (if req.)

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

Cost: \$10

Monthly Outing: Mystery Bus trip

Date: Wednesday 22nd July - leaving the centre approx. 9.30am

Cost: \$10 for the bus and money for lunch. **Book:** 4973 3855

We will meet at the centre – *we can organise transport if needed* and we will head off on our quest.



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.

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.