

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

JULY 2026

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

		Wednesday 1 July	Thursday 2 July	Friday 3 July
		Men's Group		1-1 visit
Monday 6 July	Tuesday 7 July	Wednesday 8 July	Thursday 9 July	Friday 10 July
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch Outing	Men's Group and Maitland lunch outing Ladies	Christmas in July Taylors Beach - \$30 	1-1 visit
Monday 13 July	Tuesday 14 July	Wednesday 15 July	Thursday 16 July	Friday 17 July
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch outing Fishing Club Shoal Bay	Men's Group	The Brunch Bunch 	1-1 visit
Monday 20 July	Tuesday 21 July	Wednesday 22 July	Thursday 23 July	Friday 24 July
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch outing	Men's Group and Maitland lunch outing Ladies	The Brunch Bunch 	1-1 visit
Monday 27 July	Tuesday 28 July	Wednesday 29 July	Thursday 30 July	Friday 31 July
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch Outing At Ailsa Craig Cottage with Belinda	Men's Group	The Brunch Bunch 	1-1 visit

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.



Join us for the Brunch Bunch! 🍷🥂

Come along and enjoy a delicious brunch, great conversation, and wonderful company with our **NovaFriends**. It's the perfect opportunity to connect, relax, and make new friends in a welcoming and friendly atmosphere.

We look forward to seeing you there! 😊

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.