

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

JULY 2026

		Wednesday 1 July	Thursday 2 July	Friday 3 July
		Men's Group outing Café 360 + lunch locally	Shopping Shuttle Lake Macquarie Fair, Mt Hutton	Newcastle Art Gallery + Lunch: Nearby
Monday 6 July	Tuesday 7 July	Wednesday 8 July	Thursday 9 July	Friday 10 July
Coffee club Channel Café Swansea	Wests New Lambton + seascape drive	Men's Group Outing Club Redhead and scenic drive OR Trading Post Café, Belmont Brunch	Shopping Shuttle Lake Macquarie Fair, Mt Hutton	Scenic drive Lunch: Warners Bay Sports Club
Monday 13 July	Tuesday 14 July	Wednesday 15 July	Thursday 16 July	Friday 17 July
Coffee Club Murrays Beach Cafe	Centre based Exercise and "Hot chocolate special" + lunch	Men's Group outing MOA Café Carrington + lunch	Shopping Shuttle Lake Haven	MOA Café and farmer's market Lunch: Young St Hotel
Monday 20 July	Tuesday 21 July	Wednesday 22 July	Thursday 23 July	Friday 24 July
Coffee Club Poppys Nursery Café	Christmas in July Bookings essential Tuesday regulars confirmed. We will have a waiting list. \$25 plus transport RSVP 7 th July	Men's Group outing Scenic drive south + Lunch: Shelley Beach Golf club OR Lunch only with Sharons Group Venue TBD	Shopping Shuttle Lake Macquarie Fair, Mt Hutton	Scenic drive Lunch: Argenton Hotel
Monday 27 July	Tuesday 28 July	Wednesday 29 July	Thursday 30 July	Friday 31 July
Coffee Club Belmont 16's	Centre Based Celebrating Commonwealth Games Exercise + lunch	Men's Group outing Café 360 + lunch locally	Shopping Shuttle Lake Macquarie Fair, Mt Hutton	Budgewoi Hotel Take 2

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.



Newcastle Art Gallery Friday 3rd July

You're invited to join us for a day at Newcastle Art Gallery. The art gallery opened its doors in 1957 with an art collection of 123 works.

The gallery has recently undergone a major extension and has a permanent collection of 7,000 works of art that celebrates the past and present.

Opening hours: 9.00am – 1.00pm, 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.