

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 taylorsb@novacare.org.au

JULY 2026

		Wednesday 1 July	Thursday 2 July	Friday 3 July
		Medowie Outing Morning Tea: Murrook Cultural Centre Lunch: Ozzie Mozzie Hexham Bowling Club 9am Pickups	Morning Tea: Lemon Tree Café Lunch: Jade Court Chinese Tanilba Bay 9am Pick ups	Christmas In July Food & Friendship Warners Bay 2 course meal \$20 RSVP by 25 th June 8.30 Pickups
Monday 6 July	Tuesday 7 July	Wednesday 8 July	Thursday 9 July	Friday 10 July
Exercise Class \$5 1pm-2pm Taylor's Beach Centre	Exercise Class \$5 10.30am-11.30am Taylor's Beach Centre	Morning Tea: Fighter world Cafe Lunch: Spoonbill Café 9am pickups	Christmas in July High Tea Taylor's Beach Centre Concert: John Collins Best Dressed Prize \$20. RSVP by 7 th July	Morning Tea: Coffee Bar Medowie Lunch: Commercial Hotel 9am Pickups
Monday 13 July	Tuesday 14 July	Wednesday 15 July	Thursday 16 July	Friday 17 July
Exercise Class \$5 1pm-2pm Taylor's Beach Centre	Exercise Class \$5 10.30am-11.30am And/or Brain Gym 1.30pm – 3pm Taylor's Beach Centre	Winter Warmer Bingo Games Soup & Damper \$10 Lucky Door Prize Taylor's Beach Centre 9.30 pickups	Lunch Bunch Crest Café Birubi Beach 9.30 pickups	Stanley Park Light Lunch \$35 Includes Devonshire Tea and finger sandwiches RSVP 10 th July 9.30 am Pickups
Monday 20 July	Tuesday 21 July	Wednesday 22 July	Thursday 23 July	Friday 24 July
Exercise Class \$5 1pm-2pm Taylor's Beach Centre	Exercises \$5 10:30am – 11:30am	Morning tea: Chisholm Kitchen Lunch: Minmi Courthouse Pickups from 8.30am	Tanilba/Lemon Tree Pick Ups Morning Tea: The Rectory Lunch: Lakeside Tavern Raymond Terrace pickups 9am	Morning Tea: Chisholm Cafe Lunch: Mortels Café Thornton Pickups from 8.30
Monday 27 July	Tuesday 28 July	Wednesday 29 July	Thursday 30 July	Friday 31 July
Exercises 1pm-2pm \$5 Taylors Beach Centre	Exercises 10:30am – 11:30am \$5 And/or Hearing Australia guest speaker 1.pm – 3.00pm inc afternoon tea RSVP by 21st July	Morning Tea: Nelson Bay Arts Centre Lunch: Nelson Bay Golf Club Pickups 9.30am	Lunch Bunch Hogs Breath Café Nelson Bay Nelson Bay Mariner Pickups 9.30am	Morning Tea: Little Pantry Co. Medowie Lunch: Karuah RSL Pickups 8.30

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: _____

Welcome to Taylor Beach Social Outings!

A warm welcome to our new consumers from **Lemon Tree Passage, Tanilba Bay, Medowie, and Raymond Terrace** who are joining our Taylor Beach Social Outings program.

We are excited to have you on board and look forward to sharing many enjoyable monthly adventures together. Our outings are a wonderful opportunity to connect with others, explore the local community, and create lasting memories. Whether you're joining us for the first time or returning for another adventure, we can't wait to see you there!

Give us a call today to book your next adventure – we'd love to have you join us.

Winter Warmer at Taylor Beach

Join us at the Taylor Beach Centre for our cosy **Winter Warmer** event! Enjoy a delicious bowl of piping hot homemade soup, test your luck and have some fun with a lively game of Winter Bingo, and don't miss your chance to win our wonderful Lucky Door Prize. It's the perfect opportunity to stay warm, connect with friends, and enjoy a great day out in a welcoming and friendly atmosphere. We look forward to sharing a wonderful winter's day with you!

New Faces on Our Buses

As we continue to expand the range of outings available to our consumers, you may notice some new faces joining you on our buses. On certain days, members of our wonderful team from the Milpara Centre will be supporting outings and meeting consumers from across the region. They are excited to get to know you, share new experiences, and help create enjoyable and memorable adventures along the way. We look forward to bringing more people together and building new friendships as our outings continue to grow.

New Brain Gym Program at Taylor Beach

We're excited to introduce our new **Brain Gym** program at the Taylor Beach Centre! Our first session will be held on **Tuesday 14 June from 1.30pm to 3.00pm**. Just as regular physical activity helps keep our bodies strong and healthy, exercising our brains is important for maintaining memory, concentration, problem-solving skills, and overall wellbeing. Brain Gym offers a fun and engaging way to challenge your mind through a variety of activities, games, and puzzles while enjoying the company of others. Come along, give your brain a workout, and discover how keeping your mind active can help you stay sharp, confident, and connected.

Bookings are essential, so contact the centre to reserve your place and join us for this exciting new activity!

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.

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.**