

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

AUGUST 2026

Monday 3 August	Tuesday 4 August	Wednesday 5 August	Thursday 6 August	Friday 7 August
Monday 3 rd August ASB \$10 Lunch & Games Or Shopping Shuttle Lake Fair Or Scenic Drive Lunch: The Duke New Lambton	ASB Yoga 11am-11.45am - \$10 Or Morning Tea: X S Espresso Kotara Lunch: The Gates Hotel Adamstown	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara	Bingo Or Marthaville Arts & Craft Centre Lunch & Dessert \$20 Cash Only RSVP 30 th July	Food & Friendship Warners Bay 2 course meal \$20 RSVP 3 rd August
Monday 10 August	Tuesday 11 August	Wednesday 12 August	Thursday 13 August	Friday 14 August
ASB \$10 Lunch and Games Or Shopping Shuttle Lake Fair Or High Tea at Inner Lighthouse Nelson Bay \$60 RSVP 3 rd August	ASB Yoga 11am-11.45am - \$10 Or Scenic Drive Lunch: Wangi Workers	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch: Milpara	Port Stephens Animal Adventures Entry \$40 Picnic Lunch RSVP 6 th August Or Lunch Outing	Morning Tea: Catherine Hill Bay Lunch: Murrays Beach Restaurant
Monday 17 August	Tuesday 18 August	Wednesday 19 August	Thursday 20 August	Friday 21 August
ASB \$10 Lunch and Games Or Morning Tea at Dixon Park Lunch: Babbington's \$\$ 1, 2 or 3 course meal RSVP 6 th August	ASB Yoga 11am-11.45am - \$10 Or Mystery Tour	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara	Scenic Drive Patterson Day Trip	Morning Tea: MOA Harrington Farmgate Lunch: The Stag and Hunter
Monday 24 August	Tuesday 25 August	Wednesday 26 August	Thursday 27 August	Friday 28 August
ASB \$10 Lunch and Games Or Shopping Shuttle Lake Fair Or Scenic Drive Lunch: The Secret Café Charmhaven	ASB Yoga 11am-11.45am - \$10 Or Kurri Kurri Murals Tour \$5 Donarch Chocolate Shop Lunch: Kurri Kurri Hotel	Active.Stronger.Better 10.45am-12pm - \$10 & Lunch at Milpara	Craft Or Morning Tea: Medowie Macadamia's Fighter World Lunch: Juicy Beans Cafe	Scenic Drive Lunch: The Italian Cottage Cessnock
Monday 31 August				
ASB \$10 Lunch and Games Or Shopping Shuttle Lake Fair Or Cycling Without Age BBQ Lunch Swansea				

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: _____

Day Centre Phone Calls!

Please note that not all NovaCare Day Centres are open every day of the week. When a centre is closed, phone diversions and answering machines are in place to ensure your message is received.

If your call is not answered straight away, please leave a message and a member of our team will return your call as soon as possible. We appreciate your patience and understanding and look forward to assisting you.

Sketchley Cottage Raymond Terrace

Our group recently enjoyed a visit to the historic Sketchley Cottage in Raymond Terrace, a rare timber slab colonial farmhouse built in the 1840s on the Doribank Estate near the Williams River. The cottage was home to William Sketchley (1810–1884) and his descendants from the late 1840s through to the 1960s, offering a fascinating glimpse into the region's early history.

A heartfelt thank you to the dedicated volunteers who warmly welcomed us, provided a delicious Devonshire tea, and shared their knowledge as they guided us through the beautifully preserved cottage and its historic outbuildings.



Happy 96th Birthday Eve!

Thank you for being a valued part of the NovaCare community. Here's to celebrating you and wishing you good health and happiness in the year ahead.

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