

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

AUGUST 2026

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

Monday 3 August	Tuesday 4 August	Wednesday 5 August	Thursday 6 August	Friday 7 August
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Wyong Milk Factory	Men's Group and Maitland lunch outing Ladies		1-1 visit
Monday 10 August	Tuesday 11 August	Wednesday 12 August	Thursday 13 August	Friday 14 August
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Sugar Valley Library	Men's Group Fighterworld \$16 entry	The Brunch Bunch 	1-1 visit
Monday 17 August	Tuesday 18 August	Wednesday 19 August	Thursday 20 August	Friday 21 August
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch outing Caves Beach Hotel	Men's Group and Maitland lunch outing Ladies	The Brunch Bunch 	1-1 visit
Monday 24 August	Tuesday 25 August	Wednesday 26 August	Thursday 27 August	Friday 28 August
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara	Lunch outing Hunter Valley	Men's Group Westpac Helicopter Tour	The Brunch Bunch 	1-1 visit
Monday 31 August				
Exercise classes @ 10:30am lunch & afternoon of fun @Milpara				

Join Us for Bingo at Milpara!

Looking for a fun way to spend your day, enjoy a few laughs and make new friends? Come along to Bingo at Milpara! Our friendly bingo sessions are a wonderful opportunity to socialise, share a laugh and enjoy some light-hearted competition in a welcoming and relaxed environment. Whether you're a seasoned player or trying bingo for the first time, everyone is welcome.

There are great prizes to be won and plenty of fun to be had. We'd love to see you at Milpara for a game, a chat and a great day out!



Men's Group Tours:

Fighter World – 12th August

A self-guided tour of the Fighter World displays offering a unique insight into the history of Australian fighter aircraft operations, RAAF Williamtown and its lodger units as well as the important role the base plays in the defence of the nation. Spread over two large hangars there are 17 aircraft and replicas on display, as well as many minor exhibits showcasing the unique Fighter World collection from World War II, the Korean War, Vietnam War and artefacts from the Middle Eastern Area of Operations.

One of the great visitor experiences is the opportunity to sit in the cockpit of a Mirage jet fighter and Macchi jet trainer.

Westpac Rescue Helicopter Tour – 26th August

Since 1975 'community' has been at the heart of the Service, it's why they've long been proudly known as the "Community's Own" Westpac Rescue Helicopter.

For over 45 years, thanks to the generosity and support from people right across Northern NSW, the Westpac Rescue Helicopter has grown to become a vital 24-7 aeromedical operation. Community fundraising and strong partnerships has always been integral to ensuring the quality, reliability and sustainability of our operations continue. Every life they save and every person they assist, provides a reminder of the critical role we play in our community.

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.