

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, please call us or email milpara@novacare.org.au

BOOK NOW: 4963 6356 or 1300 363 654

Monday 2 Oct	Tuesday 3 Oct	Wednesday 4 Oct	Thursday 5 Oct	Friday 6 Oct
Public Holiday CLOSED	MILPARA Olive and Friends Concert Lunch at Milpara	MILPARA Handy Hens Craft Group and/or Strength Balance and Relax, 11am \$5. Or Belmont 16fts	DAY TRIP Morning Tea at Morpeth and Lorn Park Bowling Club	MILPARA Tai Chi/Healthy Moves Morning tea at Swansea Lunch at Belmont Golf Club
Monday 9 Oct	Tuesday 10 Oct	Wednesday 11 Oct	Thursday 12 Oct	Friday 13 Oct
DAY TRIP Norah Head Lighthouse Toukley RSL	DAY TRIP Chichester Dam and Dungog book by 4 October Or MILPARA	MILPARA Handy Hens Craft Group Or Belmont 16fts Concert and lunch	Morning Tea at Caves Beach Lunch at Gwandalan	MILPARA Tai Chi/Healthy Moves Morning Tea at Raymond Terrace Lunch at Tomago
Monday 16 Oct	Tuesday 17 Oct	Wednesday 18 Oct	Thursday 19 Oct	Friday 20 Oct
Morning Tea at Blacksmiths Lunch at Lake Macquarie Yacht Club	DAY TRIP Mystery Tour incorporating lunch	MILPARA Strength, Balance and Relax Handy Hens Craft Group 11am \$5 Cycling Without Age at Merewether Belmont 16FTS	SPECIAL EVENT Relaxation Cruise for Carer's Week Book by 13 October	MILPARA Tai Chi/Healthy Moves Morning Tea at Stockton Lunch at The Wash Tub Diner
Monday 23 Oct	Tuesday 24 Oct	Wednesday 25 Oct	Thursday 26 Oct	Friday 27 Oct
DAY TRIP Morning Tea The Lake Lunch at Valentine Bowling Club	DAY TRIP Yarramolong Drive Bumble Hill and Lunch at Peats Ridge Oak factory	MILPARA Handy Hens Craft Group Belmont 16fts Concert and lunch	DAY TRIP Inner Lighthouse Nelson Bay	MILPARA Tai Chi/Healthy Moves Or DAY TRIP Morning Tea at Chinaman's Hollow Scenic Drive: The Murals Lunch at Kurri Kurri Bowling Club
Monday 30 Oct	Tuesday 31 Oct	Wednesday 1 Nov	Thursday 2 Nov	Friday 3 Nov
Cycling Without Age Or Morning Tea at Honeysuckle Lunch at The Squires Maiden	DAY TRIP Sculptures in the Vineyards Lunch at Mulla Villa Book by 24 October	MILPARA Strength, Balance and Relax Handy Hens Craft Group Belmont 16fts Concert and lunch	DAY TRIP Morning Tea at Milpara Lunch at Il Volcano	MILPARA Tai Chi/Healthy Moves Or Lunch at All You Can Eat Cardiff RSL

Cycling Without Age

Feel the wind in your hair. Join the fun ... embrace the fresh air, see the sights and socialise by joining NovaCare as we take you on our purpose built cycles around picturesque parts of Newcastle and its surrounds.



NovaCare initiated the Hunter region chapter for this international movement that helps older people get back on their bicycles and experience the joy of cycling again. It was created in Denmark with a dream of "of creating a world together, in which the access to active citizenship creates happiness among our fellow elderly citizens by providing them with an opportunity to remain an active part of society and the local community." Now, in countries throughout the world, volunteer pilots take older people for bike rides in cleverly designed trishaws. We get people outside to enjoy the fresh air and their community around them. Contact NovaCare now on 4963 6356 or 1300 363 654.

Announcement

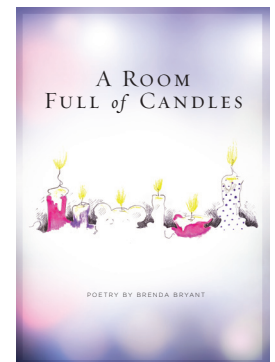
NovaCare has been announced as a Semi Finalist in the Prime Super 'Employer Excellence in Aged Care' Award, one of the categories in the 2017 NSW/ACT Regional Achievement and Community Awards.

Being selected as a Semi Finalist is a great honour, so no matter the outcome, NovaCare can be very proud of this achievement. Finalists will be announced at the end of September 2017.

Christmas Gift Idea - A book of poems

"A Room Full of Candles"
by Poet Brenda Bryant.

At 87, Brenda has written over 4,000 poems. This small selection of musings, whimsically illustrated by Gwynneth Jones, is Brenda's first published book and is proudly supported by NovaCare. Contact NovaCare on 1300 363 654.



Kitchen Corner

Mustard pork with garlic butter vegetables.

For a hearty midweek meal, try this mustard pork tray bake served with garlic butter vegetables.

Ingredients

- 1kg chat potatoes, halved
- 2 tablespoons extra virgin olive oil
- 1 tablespoon wholegrain mustard
- 2 teaspoons smoked paprika
- 4 pork cutlets (see note)
- 1 brown onion, halved, cut into wedges
- 1 bunch baby (Dutch) carrots, trimmed, peeled
- 60g butter
- 2 garlic cloves, crushed
- 1 bunch asparagus, trimmed
- 3/4 cup frozen peas
- 2 tablespoons lemon juice
- 1/4 cup small fresh dill sprigs
- 1/4 cup fresh flat-leaf parsley leaves



Method

Step 1: Preheat oven to 220C/200C fan-forced.

Step 2: Place potato on a large baking tray with sides. Drizzle with 1/2 the oil. Season well with salt and pepper. Roast for 30 minutes.

Step 3: Meanwhile, combine mustard and paprika in a small bowl. Rub mixture over both sides of pork cutlets. Season with salt and pepper.

Step 4: Add onion and carrot to potato on tray. Place pork on vegetables. Drizzle with remaining oil. Roast for 15 minutes.

Step 5: Combine butter and garlic in a small bowl. Add asparagus and peas to tray. Dot vegetables with garlic butter. Roast for 5 minutes or until vegetables are tender and pork is golden and just cooked through. Serve drizzled with lemon juice, and sprinkled with dill and parsley.