

## 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](mailto:milpara@novacare.org.au)

**BOOK NOW**  
**4963 6356**  
**or 1300 363 654**

## MARCH 2022

Mon 28 February	Tues 1 March	Wed 2 March	Thurs 3 March	Fri 4 March
Active Strong Better at Swansea Exercise Class with Deb <b>And / or</b> Picnic/BBQ Lunch	Cycling Without Age Lunch: Queens Wharf Brewery <b>And / or</b> <b>Dinner:</b> <b>Salina's Belmont</b>	Strength.Balance.Relax <b>Or</b> Men's Group	Bingo Technology Support <b>Or</b> Scenic Drive Lunch: Jewells Tavern	Scenic Drive Lunch: The Wicko <b>Or</b> Newcastle Show
Mon 7 March	Tues 8 March	Wed 9 March	Thurs 10 March	Fri 11 March
Scenic Drive Lunch: Inner Lighthouse Fingal Bay	Hillview Herb Farm \$40 Including lunch and transport	Strength.Balance.Relax <b>Or</b> Men's Group	Bingo Technology Support <b>Or</b> <b>Hunter Valley Zoo</b>	Scenic Drive Lunch: Meadowie Macadamia Farm
Mon 14 March	Tues 15 March	Wed 16 March	Thurs 17 March	Fri 18 March
Cycling Without Age Lunch: The Orana Hotel	Scenic Drive Lunch: Lake Macquarie Yacht Club <b>Or</b> <b>Cycling Without Age and Sunset Dinner</b>	Strength, Balance, Relax <b>And / or</b> Wholesome Collective or Men's Group	Bingo Technology Support <b>Or</b> Scenic Drive Lunch: BBQ and Oysters Karuah	Scenic Drive Lunch: Huntlee Tavern Branxton
Mon 21 March	Tues 22 March	Wed 23 March	Thurs 24 March	Fri 25 March
Scenic Drive Lunch: The Mary Ellen	Scenic Drive Lunch: The Boatshed Bonnells Bay	Strength.Balance.Relax <b>Or</b> Men's Group	Bingo Technology Support <b>Or</b> Scenic Drive Lunch: The Cricketers Arms	Scenic Drive Gartlemann Wines Lunch: The Deck Cafe Lovedale
Mon 28 March	Tues 29 March	Wed 30 March	Thurs 31 March	Fri 1 April
Mystery Tour	Cycling Without Age History Talk with Ed Tonks Green Point Lunch: Belmont 16ft's	Strength.Balance.Relax <b>Or</b> Men's Group	Bingo Technology Support <b>Or</b> Scenic Drive Lunch: Valentine Bowling Club <b>Or</b> Mystery Dinner	

## Follow us on Facebook.

See the outings and please share the stories with your friends. We think more people should have fun like we do!

[www.facebook.com/NovaCareCommunityServices](https://www.facebook.com/NovaCareCommunityServices)



## Ed Tonks History Tour

Join local historian, Ed Tonks as he takes you on a tour of Lake Macquarie discovering local history. For more than 40 years Ed has been actively teaching, researching and promoting aspects of the Hunter's history. Since 1990 Ed has delivered or conducted more than 800 talks for service clubs, community groups and professional bodies. His "Mines and Lines", "Urban Industrial Newcastle", "Bridges of the Hunter" and "Pits and Pubs" tours are well known.

## Wholesome Collective

The Wholesome Collective will show us how to prepare nutritious meals with pantry staples and seasonal produce (without skimping on FLAVOUR). We will learn how to make delicious and nutritionally balanced meals to optimise health. The session will run for around 90 minutes culminating with everyone sharing the lunch prepared. This is a free event and you will also receive a cookbook.



## Technology Support

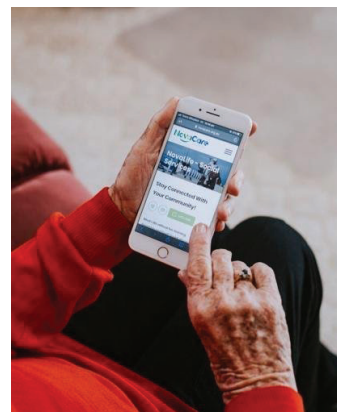
NovaCare makes it easy to utilise your phone, tablet or computer to join exercise classes, do your shopping, enjoy armchair travel, or to learn and listen. We're here to help you or a family member to build the technology skills to access great online services and to help you stay connected with others. It's easier than you think.



## NovaCare Smart Phone App

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- View schedules
- Request changes
- Receive updates around service change
- Provide feedback on services.



If you would like some more information please speak with your case Manager or Coordinator or call the office on **1300 363 654**.

## Seniors Week

Running from 25 March to 3 April 2022, the 2022 NSW Seniors Festival is aimed at delivering world-quality entertainment and engaging activities for people over 60, in COVID safe settings. The NSW Seniors Festival has been running successfully for more than 60 years and is a great way to promote inclusion and encourage older people to get involved in health, art, music, technology and physical activity."

Events are planned to be a mix of face-to-face and online entertainment and activities.

Seniors can also get involved in events in their local communities with the NSW Seniors Festival Grants Program supporting a range of activities across the state.



## Take a look at what's on this month and join in the fun! SWANSEA SOCIAL CALENDAR

For information or bookings, please call us on **4972 1318** or **1300 363 654** or email [support@novacare.org.au](mailto:support@novacare.org.au)

### MARCH 2022

<b>Mon 28 February</b> Coffee Club <b>Or</b> Picnic/BBQ Lunch <b>Or</b> Active Stronger Better with Deb 10:30am - 11:30am	<b>Tues 1 March</b> Cycling Without Age Lunch: Queens Wharf Brewery <b>Or</b> Coffee With Friends In the hall from 9:30am	<b>Wed 2 March</b> Men's Group <b>Or</b> Brain & Body Fitness with Susie 9:00am - 9:45am <b>Or</b> Murray's Café Murray's Beach	<b>Thurs 3 March</b> Shopping Shuttle Lake Fair <b>Or</b> Small Group ARTea's	<b>Fri 4 March</b> Scenic Drive Lunch: Lake Macquarie Yacht Club <b>Or</b> Strength, Balance, Relax 12:15pm - 1:00pm
<b>Mon 7 March</b> Coffee Club <b>Or</b> Active Stronger Better with Deb 10:30am - 11:30am	<b>Tues 8 March</b> Craft & Lunch	<b>Wed 9 March</b> Men's Group <b>Or</b> Brain & Body Fitness with Susie 9:00am - 9:45am <b>Or</b> Medowie Social Club	<b>Thurs 10 March</b> Shopping Shuttle Lake Fair <b>Or</b> Small Group Armchair Travel and Lunch at Swansea Hall	<b>Fri 11 March</b> Scenic Drive Lunch: The Boatrowers Stockton <b>Or</b> Strength, Balance, Relax 12:15pm - 1:00pm
<b>Mon 14 March</b> Coffee Club <b>Or</b> Active Stronger Better with Deb 10:30am - 11:30am	<b>Tues 15 March</b> Scenic Drive Lunch: Medowie Macadamia's <b>Or</b> Coffee With Friends In the hall from 9:30am	<b>Wed 16 March</b> Men's Group <b>Or</b> Brain & Body Fitness with Susie 9:00am - 9:45am <b>Or</b> La Bocca Woodfire Pizzeria	<b>Thurs 17 March</b> Shopping Shuttle Lake Fair <b>Or</b> Small Group Morning Tea at the Cottage Lunch at Swansea Hall	<b>Fri 18 March</b> Scenic Drive Lunch: The Mighty Hunter Valley <b>Or</b> Strength, Balance, Relax 12:15pm - 1:00pm
<b>Mon 21 March</b> Coffee Club <b>Or</b> Active Stronger Better with Deb 10:30am - 11:30am	<b>Tues 22 March</b> Craft and Lunch in the Hall <b>Or</b> Coffee With Friends In the hall from 9:30am	<b>Wed 23 March</b> Men's Group <b>Or</b> Brain & Body Fitness with Susie 9:00am - 9:45am <b>Or</b> Summerland Point Fish & Chips	<b>Thurs 24 March</b> Shopping Shuttle Lake Fair <b>Or</b> Small Group Lunch: Lee Rowan's Nursery	<b>Fri 25 March</b> Scenic Drive Lunch: Crest Birubi Beach <b>Or</b> Strength, Balance, Relax 12:15pm - 1:00pm
<b>Mon 28 March</b> Coffee Club <b>Or</b> Active Stronger Better with Deb 10.30-11.30	<b>Tues 29 March</b> Cycling Without Age History Talk with Ed Tonks Green Point Lunch: Belmont 16ft's <b>Or</b> Coffee With Friends In the hall from 9:30am	<b>Wed 30 March</b> Men's Group <b>Or</b> Brain & Body Fitness with Susie 9:00am - 9:45am <b>Or</b> Billie's Mystery Tour	<b>Thurs 31 March</b> Shopping Shuttle Lake Fair <b>Or</b> Small Group Lunch: Caves Beachside	<b>Fri 1 April</b>



## Ed Tonks History Tour

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## Seniors Week

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## Technology Support

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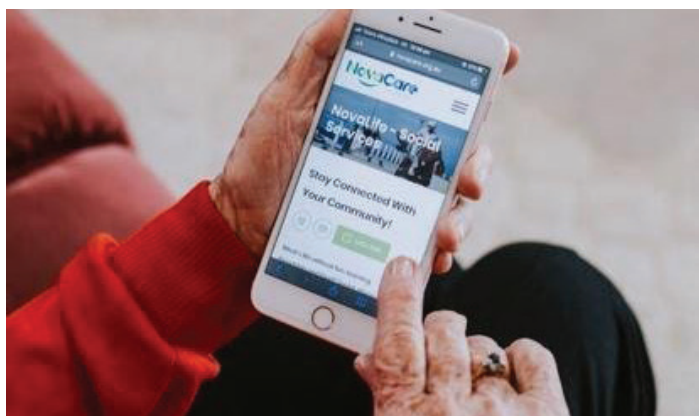


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## MORISSET SOCIAL CALENDAR

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**Day Trips** from just \$10 plus expenses, **Special Events** and **Morisset Activities**.

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**BOOK NOW**

**4973 3855**

**or 1300 363 654**

## MARCH 2022

Mon 28 February	Tues 1 March	Wed 2 March	Thurs 3 March	Fri 4 March
Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Shopping Shuttle Lake Haven (conditions apply)	Seniors Centre 9:30am - 2:00pm <b>Or</b> Walkie Talkies Walking Group 9:30am	Seniors Centre 9:30am - 2:00pm <b>Or</b> Steam Powered Hydro Pool 1:30pm
Mon 7 March	Tues 8 March	Wed 9 March	Thurs 10 March	Fri 11 March
Seniors Centre 9:30am - 2:00pm <b>Or</b> Dance4Wellbeing 2:00pm	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Food with Friends	Seniors Centre 9:30am - 2:00pm <b>Or</b> Steam Powered Hydro Pool 1:30pm
Mon 14 March	Tues 15 March	Wed 16 March	Thurs 17 March	Fri 18 March
Seniors Centre 9:30am - 2:00pm <b>Or</b> Movie Moguls 2:15pm This month's movie: "The Dig"	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Shopping Shuttle Tuggerah (conditions apply)	Seniors Centre 9:30am - 2:00pm <b>Or</b> Walkie Talkies Walking Group 9:30am	Seniors Centre 9:30am - 2:00pm <b>Or</b> Steam Powered Hydro Pool 1:30pm
Mon 21 March	Tues 22 March	Wed 23 March	Thurs 24 March	Fri 25 March
Seniors Centre 9:30am - 2:00pm <b>Or</b> Dance4Wellbeing 2:00pm	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Food with Friends	Seniors Centre 9:30am - 2:00pm <b>Or</b> <b>THE WHOLESOME COLLECTIVE</b> <b>11:00am</b> <b>Or</b> Steam Powered Hydro Pool 1:30pm
Mon 28 March	Tues 29 March	Wed 30 March	Thurs 31 March	Fri 1 April
Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Happy Hour 2:30pm	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Walkie Talkies Walking Group 9:30am	Seniors Centre 9:30am - 2:00pm <b>Or</b> Steam Powered Hydro Pool 1:30pm

## Follow us on Facebook.

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## LIONS CLUB Raffle

We are participating in the LIONS Club Raffle again this year it will be drawn on the Saturday 12 March 2022.



Every dollar raised from the sales of tickets will come back to NovaCare – Morisset.

Fabulous prizes to be won:

- 1st \$2,000 Bunnings Gift Card
- 2nd \$500 Bunnings Gift Card
- 3rd \$200 car service
- 4th \$200 gift voucher – Priceline Pharmacy
- 5th \$100 Muffet's Hair Salon
- 6th \$100 gift card – Woolworths

If you would like to purchase or sell any tickets call the office **4973 3855** and we can provide you with what you need. If we sell the winning ticket, we will receive a bonus \$200 for our organisation.

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## Dance4Wellbeing

Come and join our seated dance class on alternate Monday afternoons with the lovely Jess Connelly – (see Calendar for dates). Dance4Wellbeing Australia delivers dance & movement programs for mature adults in our community. Call Viv on **4973 3855** to book a seat.



## Ed Tonks History Tour

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We are organising Trishaws and the Ed Tonks talk on Tuesday 5 April 10am - 12pm on Wangi foreshore (as part of the Seniors Festival) to book call **4973 3855**.

## Wholesome Collective

The Wholesome Collective will show us how to prepare nutritious meals with pantry staples and seasonal produce (without skimping on FLAVOUR). We will learn how to make delicious and nutritionally balanced meals to optimise health. The session will run for around 90 minutes culminating with everyone sharing the lunch prepared. This is a free event and you will also receive a cookbook.

