

## 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

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

### 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

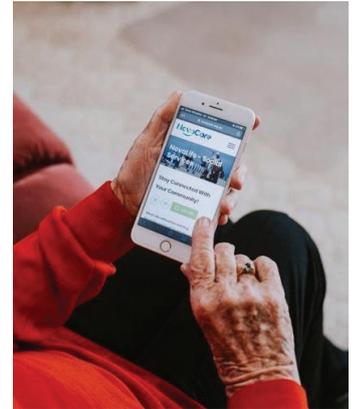
NovaCare makes it easy to utilise your phone, tablet or computer to join exercise classes, do your shopping, enjoy armchair travel, or to learn and listen. We're here to help you or a family member to build the technology skills to access great online services and to help you stay connected with others.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



## NovaCare Smart Phone App

Do you have the NovaCare app? The app is exclusive to clients and family so you can:

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

## 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.

## 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.



## 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

Do you have the NovaCare app? The app is exclusive to clients and family so you can:

- 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**.



## Take a look at what's on this month and join in the fun! MORISSET 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 **Morisset Activities**.  
For more information or bookings, please call us.

**BOOK NOW**  
**4973 3855**  
or **1300 363 654**

### MARCH 2022

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

### 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](http://www.facebook.com/NovaCareCommunityServices)



## 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.

## 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.



## 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

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.

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.

