

## Take a look at what's on this month and join in the fun! SWANSEA SOCIAL CALENDAR AUGUST 2024

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)

			Thurs 1 August	Fri 2 August
			Shopping Shuttle 2 hours at Lake Fair <b>Or</b> Creative activities at the centre and Lunch at Café 360	Strength, Balance, Relax 12:15pm - 1:00pm <b>Or</b> "Joan's Special Birthday" bus trip and Lunch at Swansea RSL
Mon 5 August	Tues 6 August	Wed 7 August	Thurs 8 August	Fri 9 August
Active, Stronger, Better 10:30am - 11:15am <b>Or</b> Coffee Club Murray's Beach Café <b>And / Or</b> Strength, Balance, Relax 1:00pm - 1:45pm	Scenic Drive and Lunch at the Rectory Café	Active, Stronger, Better 9:00am - 9:45am <b>Or</b> Men's Group Bus Outing <b>Or</b> Relaxation / Meditation at the Centre 11:00am	Shopping Shuttle 2 hours at Lake Fair <b>Or</b> Sugar Valley Library Museum and Lunch at Harrigan's	Strength, Balance, Relax 12:15pm - 1:00pm <b>Or</b> Line dancing demonstration, music and more Lunch locally
Mon 12 August	Tues 13 August	Wed 14 August	Thurs 15 August	Fri 16 August
Active, Stronger, Better 10:30am - 11:15am <b>Or</b> Coffee Club Poppy's Nursery Café <b>And / Or</b> Strength, Balance, Relax 1:00pm - 1:45pm	Sharon's Bingo Bonanza at the centre and Lunch	Active, Stronger, Better 9:00am - 9:45am <b>Or</b> Men's Group Bus Outing <b>Or</b> Mystery Outing with Michelle	Shopping Shuttle 2 hours at Lake Haven <b>Or</b> Sketching with Fran and Lunch at Arteas Café	Strength, Balance, Relax 12:15pm - 1:00pm <b>Or</b> Scenic Drive and Lunch at Halekulani Club
Mon 19 August	Tues 20 August	Wed 21 August	Thurs 22 August	Fri 23 August
Active, Stronger, Better 10:30am - 11:15am <b>Or</b> Coffee Club Belmont 16 Footers <b>And / Or</b> Strength, Balance, Relax 1:00pm - 1:45pm	Scenic Drive and Lunch at Toukley RSL	Active, Stronger, Better 9:00am - 9:45am <b>Or</b> Men's Group Bus Outing <b>Or</b> Relaxation / Meditation at the Centre 11:00am	Shopping Shuttle 2 hours at Lake Fair <b>Or</b> Scenic Drive and Lunch at Café 360	Exercises with Deb 12:15pm - 1:00pm <b>Or</b> Scenic Drive and Lunch at Budgewoi Hotel
Mon 26 August	Tues 27 August	Wed 28 August	Thurs 29 August	Fri 30 August
Active, Stronger, Better 10:30am - 11:15am <b>Or</b> Coffee Club Mylo's Café Caves Beach <b>And / Or</b> Strength, Balance, Relax 1:00pm - 1:45pm <b>And / Or</b> Shopping Belmont Coles Citi Centre 2:00pm	"The 2024 Olympic Games Comes to Swansea" Trivia and Games and Lunch at the Centre	Active, Stronger, Better 9:00am - 9:45am <b>Or</b> Men's Group Bus Outing	Shopping Shuttle 2 hours at Lake Fair <b>Or</b> Scenic Drive to Newcastle and surrounds and Lunch	Exercises with Deb 12:15pm - 1:00pm <b>Or</b> Scenic Drive to -Hunter Wetlands and Lunch

# SWANSEA NEWS!

We hope you can join us for some of the special outings planned for the month of August. On **Tuesday 6 August** we are returning to a beautiful venue called The Rectory Tea House and Function Centre in Raymond Terrace.

It is a stunning Heritage property in the heart of Raymond Terrace, built in the 1840s and refurbished to its boutique heritage. Owned and operated by Raymond Terrace Bowling Club, the prices are great value!



On **Tuesday 27 August** please join us at the Swansea Centre to celebrate the Paris Olympics with some fun and games and a hearty lunch provided by our fabulous volunteers.



## How to wear a seatbelt properly



Everyone is to wear their seatbelts correctly. Please don't take your seatbelts off until the bus has stopped. If in doubt check with the staff.

The lap portion of a seatbelt should lie across the bony section of your hips and the sash should fall across your chest and mid shoulder.

Always make sure your seatbelt is adjusted firmly and lies flat (no twists in the webbing or fabric).

If you wear your seatbelt incorrectly, such as with the sash under your arms or behind your back, or with your seat substantially reclined, it will not be as effective in protecting you in a crash.

You must sit in a proper seating position with a dedicated seatbelt. It's illegal and unsafe to have too many people in a car, especially sitting on the floor or on other people's laps.

Phone and seatbelt detection cameras detect drivers and passengers who are not properly wearing a seatbelt. Penalties apply for drivers detected not wearing a seatbelt properly or with a passenger not wearing a seatbelt properly.

## Cancellation Policy

### CHSP and HCP Services

It is your responsibility to advise us if you require to change or cancel a service.

**We require a minimum of 48 hours (2 working days) notice so we can adjust our staff rosters accordingly.**

Any change to service or cancellation received within the 48 hours before service or on the day of service, payment will still be required for that service.

If you are not home at time of service and we have not received notification, payment will still be required for the service.

Any service cancelled due to medical emergency will not incur payment.

**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.**