

## 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**

### SEPTEMBER 2024

Mon 2 September	Tues 3 September	Wed 4 September	Thurs 5 September	Fri 6 September
Seniors Centre 9:30am - 2:00pm <b>And / Or</b> Dance4Wellbeing 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Local Shopping Bus Bonnells Bay 9:30am	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Walkie Talkies 9:30am	Seniors Centre 9:30am - 2:00pm <b>Or</b> Steam Powered Hydro Pool 1:00pm
Mon 9 September	Tues 10 September	Wed 11 September	Thurs 12 September	Fri 13 September
Seniors Centre 9:30am - 2:00pm <b>Or</b> Active-Stronger-Better 2:00pm	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Shopping Shuttle Lake Haven 9:30am	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 1:00pm
Mon 16 September	Tues 17 September	Wed 18 September	Thurs 19 September	Fri 20 September
Seniors Centre 9:30am - 2:00pm <b>Or</b> Dance4Wellbeing 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Monthly Outing Trikes and Picnic Lunch	Seniors Centre 9:30am - 2:00pm <b>Or</b> Move Moguls "ABOUT TIME" 2:15pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Walkie Talkies 9:30am	Seniors Centre 9:30am - 2:00pm <b>Or</b> Steam Powered Hydro Pool 1:00pm
Mon 23 September	Tues 24 September	Wed 25 September	Thurs 26 September	Fri 27 September
Seniors Centre 9:30am - 2:00pm <b>Or</b> Active-Stronger-Better 2:00pm	Seniors Centre 9:30am - 2:00pm <b>Or</b> Happy Hour 2:30pm (conditions apply)	Seniors Centre 9:30am - 2:00pm <b>Or</b> Shopping Shuttle Tuggerah 9:30am	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 1:00pm
Mon 30 September				
Seniors Centre 9:30am - 2:00pm <b>And / Or</b> Dance4Wellbeing 2:00pm				



Like us on Facebook and Share the news!

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

## ACTIVE-STRONGER-BETTER

On alternate Mondays we have Deb join us for some exercises – Active Stronger Better

This is a program that uses exercising together in a group to help build confidence. Exercise can help improve strength, fitness, balance, co-ordination and flexibility and we deliver this in a fun environment. Every person can do the activities at their own pace and level. Each session is a bit varied to keep things interesting. The aim of regular activity is to help you feel better – and it is a bit social and is good for your health.

Your instructor is a qualified and experienced Fitness Professional and can help you adapt exercises to a chair, with a walker or stick. Most of all – we smile and laugh.



**NOTICE:** Vivienne will be on leave from September 26 returning on 21 October 21. During this period please call Margaret Monday – Thursday or Janelle on Fridays on **49733 855**, for any urgent matters not relating to our activities call Carrington Head Office on **1300 363 654**.

### AFTER HOURS CALLS AND CONTACT OVER THE WEEKEND.

NovaCare have a voice mail after-hours service in place. Any calls made to the after-hours voice mail inbox will be actioned the next business day. For example, if you call on Saturday to talk to your Case Manager about a service change it will be actioned on Monday morning.

NovaCare also have a support service called Safety-Link that supports the staff delivering service over the weekend to our

## MONTHLY OUTING

**TRIKES & PICNIC – Tuesday 17 September**  
**Cost: \$20 (incl. morning tea/lunch and bus)**  
**Swansea Foreshore**

We will be commencing bus pick-up from 9.30am and meeting the TRIKE pilots over at Humphreys Reserve, Swansea, where we will take a lovely ride around the foreshore. We will provide morning tea and a nice picnic lunch before heading home. If it's your first time or you've been before, you will love CWA (Cycling without Age) ... feel the wind in your hair and take in the views, as our wonderful experienced pilots peddle you around.

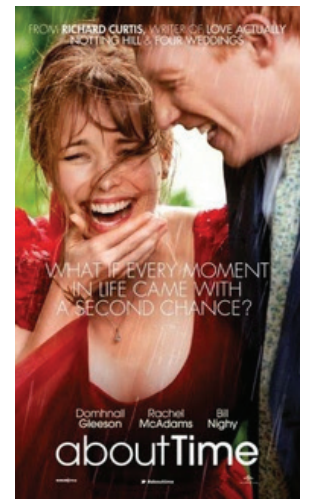


## MOVIE MOGULS presents:

### 'ABOUT TIME'

**Wednesday 18 September,**  
**2:15pm – Cost \$10**  
**(includes movie, afternoon tea and lucky door)**

**A**BOUT TIME is a romantic science fiction comedy-drama film starring: Domhnall Gleeson, Rachel McAdams, and Bill Nighy. The film is about a young man with the ability to time travel who tries to change his past in hopes of improving his future.



home care package consumers. This is NOT an emergency service. In the case of an emergency please 000, the operator will direct you to the appropriate service.

We encourage all consumers to discuss any additional services requirements prior to the weekend where possible. We understand that care arrangements can change very quickly, our aim is to respond quickly to ensure we keep everyone living safely in their own home. Our after-hours service helps us achieve this.

**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.**