

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**

FEBRUARY 2025

Mon 3 February	Tues 4 February	Wed 5 February	Thurs 6 February	Fri 7 February
Morning Tea at McDonalds Lunch Jewells Tavern	ASB Hatha Yoga 11:00am - 11:45am \$10 Or Scenic Drive and Lunch	Active.Stronger.Better and Lunch at Milpara	Scenic Drive Lunch Juicy Beans Café Williamtown	Scenic Drive and Lunch
Mon 10 February	Tues 11 February	Wed 12 February	Thurs 13 February	Fri 14 February
Morning Tea at Godfather Espresso Hunter Multicultural Centre Walk in the Gardens Lunch Town Hall Hotel Waratah	ASB Hatha Yoga 11:00am - 11:45am \$10 Or Scenic Drive Lunch Murray's Restaurant Murray's Beach	Active.Stronger.Better and Lunch at Milpara	Morning Tea at Cocoa Nib Keith Tulloch Wines Lunch Picnic Or Scenic Drive Lunch Harrigan's Hunter Valley Or Morning Tea at Hunter Valley Chocolate Shop	Scenic Drive Lunch East Maitland Golf Club
Mon 17 February	Tues 18 February	Wed 19 February	Thurs 20 February	Fri 21 February
Morning Tea at Café Oasis on Cleary Hamilton Lunch Sydney Junction Hotel	ASB Hatha Yoga 11:00am - 11:45am \$10 Or Morning Tea at Fennell Bay Lunch Wangi Workers Club	Active.Stronger.Better and Lunch at Milpara	ARTea's Gallery and Garden Swansea Lunch Swansea RSL	Morning Tea at MOA Lunch Carrington Bowling Club
Mon 24 February	Tues 25 February	Wed 26 February	Thurs 27 February	Fri 28 February
Morning Tea at Poppy's Nursery Lunch The Gundayh	ASB Hatha Yoga 11:00am - 11:45am \$10 Or Scenic Drive and Lunch	Active.Stronger.Better and Lunch at Milpara	Morning Tea at Dixon Park Lunch Souths Merewether	Marthaville Arts & Cultural Centre



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OUTINGS

Outings may occasionally change at short notice due to unpredictable weather or other circumstances beyond our control. If any changes occur, we will give you a call to keep you informed.

Some outings will involve just one stop. If morning tea isn't mentioned in the program, it usually means we'll be staying at the same location for both morning tea and lunch.

We do our best to visit places that offer meals under \$20, but this may not always be possible. If you're concerned about costs, please feel free to check with our staff when booking.

If you have any questions about the outings, don't hesitate to reach out—we're happy to discuss them with you!



Save the date:

Wednesday 12 March for a Seniors Week event at Gillieston Heights. This year's theme is 'Time to Shine' NovaCare will provide a fabulous day full of fun and excitement with entertainment, lunch and maybe even the first spin of the NovaCare chocolate wheel, more details to come.



Price increase

The cost of one on one and socialisation transports for 2025 is increasing to \$1 per kilometre for

anything over 10 kilometres. So if you are going on an outing with a NovaCare staff member the first 10 kilometres are free and after that you will pay \$1 per kilometre.

Moving to electronic invoices

In the coming months we will be moving to electronic invoices that will be emailed out to you. If you do not have an email address can you speak with your family about setting up an email address for you or have it sent to the family member. This is part of our sustainability plan and you will also receive your invoice faster.

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

home care package consumers. This is NOT an emergency service. In the case of an emergency please call 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.