

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

FEBRUARY 2025

Mon 3 February	Tues 4 February	Wed 5 February	Thurs 6 February	Fri 7 February
Seniors Centre 9:30am - 2:00pm And / Or Active-Stronger-Better 2:00pm	Seniors Centre 9:30am - 2:00pm Or Coffee, Cake and Chat for Carers 2:00pm	Seniors Centre 9:30am - 2:00pm Or Shopping Shuttle Lake Haven 9:30am	Seniors Centre 9:30am - 2:00pm Or Walkie Talkies Walking Group 9:30am	Seniors Centre 9:30am - 2pm Or Steam Powered Hydro Pool 1:00pm
Mon 10 February	Tues 11 February	Wed 12 February	Thurs 13 February	Fri 14 February
Seniors Centre 9:30am - 2:00pm Or Dance4Wellbeing 2:00pm	Seniors Centre 9:30am - 2:00pm Or Shopping Shuttle Local Bonnells Bay 9:30am	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm Or Food with Friends 9:30am	Seniors Centre 9:30am - 2pm Or Steam Powered Hydro Pool 1:00pm
Mon 17 February	Tues 18 February	Wed 19 February	Thurs 20 February	Fri 21 February
Seniors Centre 9:30am - 2:00pm And / Or Active-Stronger-Better 2:00pm	Seniors Centre 9:30am - 2:00pm Or Monthly Outing TRIKES at Speers Point Park	Seniors Centre 9:30am - 2:00pm Or Shopping Shuttle Tuggerah 9:30am	Seniors Centre 9:30am - 2:00pm Or Walkie Talkies Walking Group 9:30am	Seniors Centre 9:30am - 2pm Or Steam Powered Hydro Pool 1:00pm
Mon 24 February	Tues 25 February	Wed 26 February	Thurs 27 February	Fri 28 February
Seniors Centre 9:30am - 2:00pm Or Dance4Wellbeing 2:00pm	Seniors Centre 9:30am - 2:00pm Or Happy Hour 2:30pm (Conditions apply)	Seniors Centre 9:30am - 2:00pm Or 'Movie Moguls' presents MIRACLES FROM HEAVEN 2:15pm	Seniors Centre 9:30am - 2:00pm Or Food with Friends 9:30am	Seniors Centre 9:30am - 2pm Or Steam Powered Hydro Pool 1:00pm



Like us on Facebook and Instagram and share the news!

www.facebook.com/NovaCareCommunityServices www.instagram.com/novacarenewy/

SPOTLIGHT

Strength & Balance (Falls Prevention Program)

Strength & Balance is a Falls Prevention Program NovaCare facilitates. The course runs for 7 weeks, 2 hours per week and after completion we have a booster session (approx. 3-4 weeks later). We include an assessment of balance and movement at commencement and at conclusion of program. Each week the group practice strength and balance exercises and we have a variety of guest speakers from Allied Health - covering sessions on vision, nutrition, podiatry, physio (mobility aids), pharmacy, personal alarms.

The program is a holistic approach toward the prevention of falls and being more risk aware. If you are interested in attending or would like more information, please contact the office on **4973 3855** (line 1). We are looking for expressions of interest, no dates have been set at this time.



MONTHLY OUTING

TRIKES at Speers Point Park Tuesday 18 February Cost: \$15 (bus and lunch)

If you haven't taken a ride previously or would love to ride again, join us for a lovely day out by Lake Macquarie, feel the sun on your face and the wind in your hair. Enjoy a laugh, good company and a sausage sizzle.



Our experienced volunteer pilots would love to take you for a ride. For more information or to book your seat, call Viv on **4973 3855** (line 1).

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

REMINDER

We have our **Coffee, Cake and Chat for Carers**. This is our Carers Support Group first Tuesday of every month at 2:00pm at the centre. If you are caring for someone and would like to find out more call Margaret on **4973 3855** (line 2).



MOVIE MOGULS PRESENTS

MIRACLES FROM HEAVEN

Wednesday 26 February, 2:15pm

Cost: \$10 (incl. movie, afternoon tea and lucky door)

10-year-old Annabel Beam is diagnosed with a rare terminal stomach disorder. During a visit home from the hospital, she fell; while climbing a tree, sending Annabel 30 feet headfirst into the hollow trunk. She was inside the trunk of the tree for several hours...



what happens after this incident is nothing short of a miracle ... Based on the memoir of Christy Beam (Annabel's mother) who is played in the movie by Jennifer Garner.

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.

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**.