

## Take a look at what's on this month and join in the fun! SWANSEA SOCIAL CALENDAR FEBRUARY 2025

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)

Mon 3 February	Tues 4 February	Wed 5 February	Thurs 6 February	Fri 7 February
<p>Coffee Club – Mawsons Café Caves Beach <b>Or</b> Active, Stronger, Better 10:30 - 11:15am <b>Or</b> Strength Balance Relax 1:00pm - 1:45pm</p>	<p>Scenic Drive Lunch Belmont Hotel</p>	<p>Men's Group Bus Outing and Lunch <b>OR</b> <b>NEW</b> Group activity and Lunch! <b>Or</b> Active, Stronger, Better with Arnold 9:00am - 9:45am <b>NEW</b> Strength, Balance, Relax with Tania Light exercise class including some gentle yoga 11:30am - 12:15pm</p>	<p>Shopping Shuttle to Lake Fair <b>Or</b> Sketching with Fran and Lunch locally</p>	<p>Scenic Drive Lunch Warners Bay Sports Club <b>Or</b> Strength, Balance, Relax 12:15 - 1:00pm</p>
Mon 10 February	Tues 11 February	Wed 12 February	Thurs 13 February	Fri 14 February
<p>Scenic Drive to Binnorie Dairy Hunter Valley <b>Or</b> Active, Stronger, Better 10:30 - 11:15am <b>Or</b> Strength Balance Relax 1:00pm - 1:45pm</p>	<p>Swansea Centre Craft, Music, Poetry and Lunch</p>	<p>Men's Group Bus outing and Lunch <b>Or</b> Carers' Group Morning Tea 11:00am at the Centre. <b>Or</b> Active, Stronger, Better with Arnold 9.00am-9.45am <b>Or</b> <b>NEW</b> Strength, Balance, Relax Light exercise class 11:30am - 12:15pm</p>	<p>Shopping Shuttle to Jewells Shopping Centre 2 hours to shop <b>Or</b> MOA Coffee Co, Newcastle and Lunch</p>	<p>Swansea centre Valentines Day BBQ Lunch and Games <b>Or</b> Strength, Balance, Relax 12:15 - 1:00pm</p>
Mon 17 February	Tues 18 February	Wed 19 February	Thurs 20 February	Fri 21 February
<p>Coffee Club Zarraffa's Café Belmont <b>Or</b> Active, Stronger, Better 10:30 - 11:15am <b>Or</b> Strength Balance Relax 1:00pm - 1:45pm</p>	<p>Scenic Drive Lunch Souths Club, Merewether</p>	<p>Sharon's Small Group Outing <b>Or</b> Men's Group Bus Outing <b>Or</b> Active, Stronger, Better with Arnold 9:00am - 9:45am <b>Or</b> <b>NEW</b> Strength, Balance, Relax Light exercise class 11:30am - 12:15pm</p>	<p>Shopping Shuttle to Lake Fair <b>Or</b> Get Creative with Fran and Lunch <b>Or</b> <b>The Greatest Hits in Harmony!</b> Journey through the classic years of Motown Soul – Rock – Pop Lunch, Dessert and Show \$28.00 Tickets will go quickly !</p>	<p>Strength, Balance, Relax 12:15 - 1:00pm <b>Or</b> Scenic Drive Lunch Bar Beach Bowling Club</p>
Mon 24 February	Tues 25 February	Wed 26 February	Thurs 27 February	Fri 28 February
<p>Coffee Club Café 360 Belmont <b>Or</b> Active, Stronger, Better 10:30 - 11:15am <b>Or</b> Strength Balance Relax 1:00pm - 1:45pm</p>	<p>Bingo plus games with Sharon and Lunch at Centre</p>	<p>Men's Group Bus Outing and Lunch <b>Or</b> Active, Stronger, Better with Arnold 9:00am - 9:45am <b>Or</b> <b>NEW</b> 11:30am - 12:15pm at the Centre</p>	<p>Shopping Shuttle 2 hours at Lake Fair <b>Or</b> Fish and Chips Scratchley's wharf</p>	<p>Strength, Balance, Relax 12:15pm - 1:00pm <b>Or</b> Sandy Beach Scenic Drive and BBQ lunch</p>

# OUTINGS

## 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.



## LOVE IS IN THE AIR

Join us for some Valentines Day fun and games at the centre on Friday and a lovely BBQ lunch .



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!

## REMINDER

We hope you will come along to the monthly Carer's morning tea on the second Wednesday of each month, 11:00am - Noon. It is an opportunity to meet with other folk who are looking after loved ones at home.



There will sometimes be a speaker and always information about local activities and useful information about assistance available in your local area. Call Fran or Michelle to book your spot.

**PRICE INCREASE** - The cost of one on one and socialisation transports for 2025 is increasing to \$1 per km for anything over 10 kms. So if you are going on an outing with a NovaCare staff member the first 10 kms are free and after that you will pay \$1 per Km.

**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.**