

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

MARCH 2025

Mon 3 March	Tues 4 March	Wed 5 March	Thurs 6 March	Fri 7 March
Cycling Without Age Belmont Fernleigh Track Lunch Belmont Tafe Café Or Shopping Shuttle Lake Fair 10:00 - 12:00pm	Seniors Expo at McDonald Jones Stadium 10:00 - 1:00pm Or Murrook Cultural Centre Morning Tea and Lunch	Active.Stronger.Better and Lunch at Milpara	Scenic Drive Lunch The Bank Hotel East Maitland Or Morning Tea only Shop at The Elephant Shop Cooranbong	Lunch Lake Street Terrace Warners Bay \$\$ Or Scenic Drive and Lunch
Mon 10 March	Tues 11 March	Wed 12 March	Thurs 13 March	Fri 14 March
Port Waratah Coal Service Talk & Tour Lunch: TBC Or Shopping Shuttle Lake Fair 10:00 - 12:00pm	ASB Yoga Or Landcare & Sustainable Living Centre, Booragul Talk, tour of native plant nursery \$10 Lunch Argenton Hotel	Active.Stronger.Better Or Novacare Seniors Week Event at Gilleston Heights \$30 incl. transport morning tea, lunch, music, exercise, bingo and chocolate wheel	Morning Tea at Food & Friendship Warners Bay Lunch Charlestown Golf Club	Morning Tea at Dixon Park Lunch Emilio's The Junction \$\$ Or Scenic Drive and Lunch
Mon 17 March	Tues 18 March	Wed 19 March	Thurs 20 March	Fri 21 March
St Patricks Day at Milpara BBQ Trivia Games	ASB Yoga Or Oz Tukka Redhead Talk Lunch Windale Gateshead Bowling Club	Active.Stronger.Better Lunch at Milpara	Scenic Drive Lunch Tinta \$\$ Or Scenic Drive and Lunch	Morning Tea at MOA Lunch Boolaroo Sports Club
Mon 24 March	Tues 25 March	Wed 26 March	Thurs 27 March	Fri 28 March
Scenic Drive Lunch Ozzie the Mozzie Hexham Or Shopping Shuttle Lake Fair 10:00 - 12:00pm	ASB Yoga Or Tour of Newcastle City Hall 11:00am \$15 Lunch Picnic in the Park	Active.Stronger.Better Lunch at Milpara	Scenic Drive Lunch Hinton Hotel	Scenic Drive Lunch Baker's Den Blacksmiths
Mon 31 March				
Pies in the Park Or Shopping Shuttle Lake Fair 10:00 - 12:00pm				



Like us on Facebook and Instagram and share the news!

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

SENIORS WEEK EVENT AT GILLIESTON HEIGHTS

Wednesday 12 March at 10:00am – 2:00pm

Cost: \$30.00 includes bus

RSVP: 5 March to Simone Parker on **1300 363 654**
or email **simonep@novacare.org.au**

We will have a variety of activities to try such as bingo and the chocolate wheel. You can experience Active Stronger Better or you can simply sit back and enjoy the music. Morning tea and lunch will be provided.



HOME CARE PACKAGES

Has your Home Care Package been assigned? Are you looking for a Home Care Package provider in your local area?

NovaCare can provide your Home Care Packages services in your local area, we provide personalised support that helps you live independently at home. Local people, caring for locals. Contact us today to learn more!

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

CHANGES TO SOCIAL PROGRAMS & OUTINGS IN EXTREME WEATHER



The safety and wellbeing of our consumers and staff is our top priorities. We have entered a season of unpredictable weather and we want to keep you informed about how extreme heat or heavy rain may impact our social programs and community outings.

How Weather Conditions May Affect Our Programs

Extreme Heat: When temperatures reach dangerous levels, we may need to modify or cancel outdoor activities to prevent heat-related illness. Alternative indoor activities will be arranged where possible.

Heavy Rain & Storms: In cases of driving rain, flooding, or severe storms, outings may be postponed or replaced with indoor alternatives to ensure everyone's safety.

Reduced Stops on Outings: To minimise time spent outdoors in extreme conditions, we will limit outings to a single stop where possible. This will help reduce exposure to heat and rain while still allowing for a meaningful experience.

Outing Cancellations: In some cases, where conditions are unsafe or alternative arrangements are not feasible, we may need to cancel outings altogether. We will always strive to notify you as soon as possible.

HOW WILL YOU BE NOTIFIED?

If changes need to be made to a scheduled outing or event, we will notify you as soon as possible via phone, email, or text message. Our priority is to provide alternative activities when possible, so you can still enjoy some time together.

We appreciate your understanding and flexibility as we prioritise safety while continuing to provide enjoyable programs. If you have any questions, please don't hesitate to reach out to our team.

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.