

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

MARCH 2025

Mon 3 March	Tues 4 March	Wed 5 March	Thurs 6 March	Fri 7 March
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 Guest Speaker Kath Lewis - how to navigate Aged Care	Seniors Centre 9:30am - 2:00pm Or Shopping Shuttle Lake Haven 9:30am	Seniors Centre 9:30am - 2:00pm Or Walkie Talkies 9:30am	Seniors Centre 9:30am - 2:00pm Or Steam Powered Hydro 1:00pm
Mon 10 March	Tues 11 March	Wed 12 March	Thurs 13 March	Fri 14 March
Seniors Centre 9:30am - 2:00pm And / Or Dance4Wellbeing 2:00pm	Seniors Centre 9:30am - 2:00pm Or Shopping Shuttle Bonnells Bay 9:30am	Seniors Centre 9:30am - 2:00pm Or Monthly Outing Seniors Week Event	Seniors Centre 9:30am - 2:00pm Or Food with Friends	Seniors Centre 9:30am - 2:00pm Or Steam Powered Hydro 1:00pm
Mon 17 March	Tues 18 March	Wed 19 March	Thurs 20 March	Fri 21 March
Seniors Centre 9:30am - 2:00pm And / Or Active-Stronger-Better 2:00pm	Seniors Centre 9:30am - 2:00pm	Seniors Centre 9:30am - 2:00pm Or Shopping Shuttle Tuggerah 9:30am	Seniors Centre 9:30am - 2:00pm Or Walkie Talkies 9:30am	Seniors Centre 9:30am - 2:00pm Or Steam Powered Hydro 1:00pm
Mon 24 March	Tues 25 March	Wed 26 March	Thurs 27 March	Fri 28 March
Seniors Centre 9:30am - 2:00pm And / Or Dance4Wellbeing 2:00pm	Seniors Centre 9:30am - 2:00pm Or Happy Hour 2:30pm	Seniors Centre 9:30am - 2:00pm Or Movie Moguls WONKA 2:15pm	Seniors Centre 9:30am - 2:00pm Or Food with Friends	Seniors Centre 9:30am - 2:00pm Or Steam Powered Hydro 1:00pm
Mon 31 March				
Seniors Centre 9:30am - 2:00pm And / Or Active-Stronger-Better 2:00pm				



Like us on Facebook and Instagram and share the news!

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

SPOTLIGHT

WALKIE TALKIES

Fortnightly on a Thursday we take a group out for a walk around various places across our beautiful Lake Macquarie area. We have participants at all different levels of fitness and mobility, some even bring their 4 wheeled walkers (a seat if you get tired). We endeavour to find paths that are relatively flat, some seating for rest stops and toilets nearby. We call ourselves the Walkie Talkies – as there is lots of talking, laughs and fun as we enjoy the fresh air and views around our stunning area, as we get mobile and do some walking. We often enjoy each other's company over a coffee and a light lunch if there is somewhere nearby after our walk. If you would like to join us and want more information, please contact us on **4973 3855** (line 1).



REMINDER

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

This month we have Guest Speaker – Kath Lewis speaking about navigating Aged Care.



MONTHLY OUTING

SENIORS WEEK EVENT AT GILLIESTON HEIGHTS

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

Cost: \$30.00 includes bus

RSVP: 5 March to Viv on **4973 3855** or email **vivienneb@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.



MOVIE MOGULS PRESENTS ...

WONKA (musical)

Wednesday 26 March

at 2:15pm. **Cost: \$10**

(incl. movie, afternoon tea and lucky door).

Willy Wonka, a young aspiring magician, inventor, and chocolatier, arrives at the Galeries Gourmet with dreams of establishing his own chocolate shop. Burning through his meager savings, Wonka is coerced to stay at Mrs. Scrubitt's boarding house by her co-worker Bleacher.



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.

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

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 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!



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.