

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

JANUARY 2019

Mon 31 Dec	Tues 1 Jan	Wed 2 Jan	Thurs 3 Jan	Fri 4 Jan
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Mon 7 Jan	Tues 8 Jan	Wed 9 Jan	Thurs 10 Jan	Fri 11 Jan
Mystery Tour	Wallis Creek Watergarden Lunch: TBA	Belmont 16 Footers Concert and Lunch Or Merewether Baths And / Or Lunch: Merewether Surfhouse	The Forest of Tranquility Ourimbah	MILPARA Strength.Balance.Relax Healthy Moves Or Morning Tea: Blue Gums Park Lunch: Maryland Tavern
Mon 14 Jan	Tues 15 Jan	Wed 16 Jan	Thurs 17 Jan	Fri 18 Jan
MILPARA Strength.Balance.Relax Cycling Without Age and Art In the Park at Speers Point Park	Scenic Drive The Farmer's Wife Distillery Allworth	MILPARA Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch	MILPARA Sit & Sew with June Or Morning Tea at Stockton Lunch: The General Washington	MILPARA Tai Chi / Healthy Moves Or Scenic Drive Lunch: The Doylo
Mon 21 Jan	Tues 22 Jan	Wed 23 Jan	Thurs 24 Jan	Fri 25 Jan
MILPARA Strength.Balance.Relax Or Morning tea at Teralba Lunch: Toronto Hotel	Scenic Drive BBQ Lunch And / Or Twilight Dinner	MILPARA Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch	Scenic Drive Buladelah	MILPARA Tai Chi / Healthy Moves Or Morning Tea at Morpeth Lunch: Bushrangers Brasserie Largs
Mon 28 Jan	Tues 29 Jan	Wed 30 Jan	Thurs 31 Jan	
MILPARA Strength.Balance.Relax Or Morning Tea at Caves Beach Lunch: West's City	Morning Tea at Swansea Heads Lunch: Lake Macquarie Yacht Club	MILPARA Strength.Balance.Relax Or Belmont 16 Footers Concert and Lunch	MILPARA Sit & Sew with June Or Morning Tea at Croudace Bay Lunch: Valentine Bowling Club	



Like us on Facebook and Share the news!

www.facebook.com/NovaCareCommunityServices

SWANSEA SOCIAL CALENDAR

Have fun, get fit, make friends

Lake Macquarie Support Services has joined with NovaCare. We are continuing to offer all the services and activities you know and love, plus a whole lot more!

For information or bookings, please call us on **4972 1318** or **1300 363 654** or email support@novacare.org.au

JANUARY 2019

Mon 31 Dec	Tues 1 Jan	Wed 2 Jan	Thurs 3 Jan	Fri 4 Jan
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
Mon 7 Jan	Tues 8 Jan	Wed 9 Jan	Thurs 10 Jan	Fri 11 Jan
CLOSED	Tuesday Activity Day Craft Entertainment: John Collins Or Shopping Bus	Fit & Fab Or Men's Group Or Mt Sugarloaf BBQ Lunch	Shopping Bus Or Redhead Social Outing	On the Road Again
Mon 14 Jan	Tues 15 Jan	Wed 16 Jan	Thurs 17 Jan	Fri 18 Jan
Shuttlebug Or Wellness Or Cycling WithOut Age Speers Point Park BBQ Lunch	Tuesday Activity Day NSW Poilce Safety Talk Or Shopping Bus Or 500 Club	Fit & Fab Or Warnie's at Warnervale	Shopping Bus Or Redhead Shopping Bus Or Chick's at the Flicks	Lakeside Café Murray's Beach Or Shopping Bus
Mon 21 Jan	Tues 22 Jan	Wed 23 Jan	Thurs 24 Jan	Fri 25 Jan
Coffee Club Or Wellness Or Shopping Bus	Tuesday Activity Day Craft Australia Day Celebrations Or Shopping Bus	Fit & Fab Or Men's Group	Shopping Bus Or Redhead Social Outing Or BBQ at Ray Lawler Reserve	Scenic Drive Nord's Wharf
Mon 28 Jan	Tues 29 Jan	Wed 30 Jan	Thurs 31 Jan	
Shuttlebug Or Wellness	Tuesday Activity Day Entertainment: Daniel Arvdson Or Shopping Bus Or 500 Club	Fit & Fab Or Mystery Tour Book by 23rd Jan	Shopping Bus Or Redhead Shopping Bus Or Nelson Bay Foreshore Fish & Chips	



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New NovaCare Smart Phone App

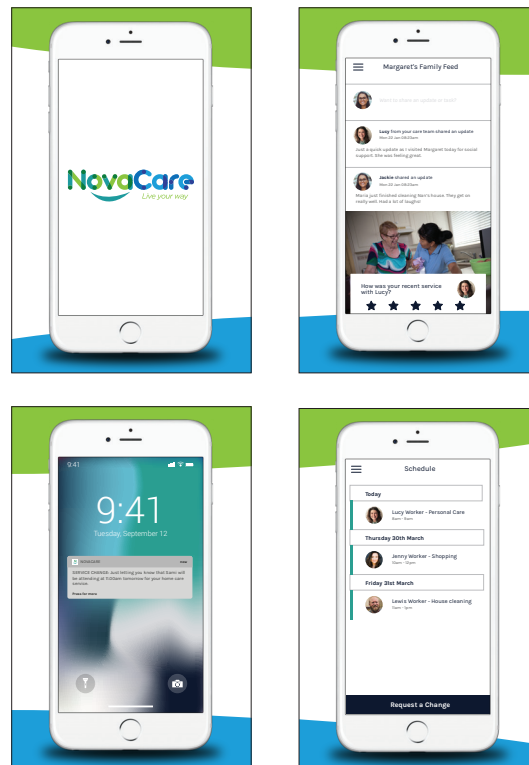
NovaCare is currently developing an App which will be launched in January 2019 that you can have on your Smart Phone that provides customers and their families with a new way to communicate, share and engage with information regarding their NovaCare services.

At NovaCare we know our customers and their families have busy lives, that's why we are focused on providing new ways to access and manage the services they or their loved ones receive from us.

NovaCare delivers a customer focused approach to care services, so customers and their family members can use The NovaCare App to:

- View schedules
- Request changes
- Receive updates around service change
- Book and pay for special offers and activities from NovaCare
- Provide feedback on services.

This is an exciting time, we look forward to your feedback.



If you require any extra assistance please call our head office on 1300 363 654

Come and join us at Warnie's at Warnervale Wednesday 16 January



RECIPE

Pavlova

Method

Step 1

Preheat oven to 120C/100C fan-forced. Using a pencil, mark a 20cm circle on a sheet of baking paper. Line a baking tray with the baking paper, pencil-side down.

Step 2

Using an electric mixer, beat egg whites just until firm peaks form. Gradually beat in sugar, 1 tablespoon at a time, until sugar is dissolved after each addition. Add cornflour, vanilla and vinegar. Beat for 30 seconds. Spoon meringue onto prepared tray, using circle as a guide. Smooth edges using a spatula.

Step 3

Bake for 1 & 1/2 hours or until firm but not browned. Turn oven off. Cool in oven, with door ajar, for 1 hour. Cool completely at room temperature.

Step 4

Using an electric mixer, beat cream until firm peaks form. Dollop onto Pavlova. Top with strawberries and banana. Drizzle with passion fruit. Serve.

Ingredients

- 6 egg whites
- 1 & 1/2 cups caster sugar
- 2 teaspoons cornflour
- 1 teaspoon vanilla extract
- 1 teaspoon white vinegar
- 300ml tub thickened cream
- 250g strawberries, hulled, sliced
- 1 banana, sliced
- 2 passion fruit, halved.

