

## 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](mailto:milpara@novacare.org.au)

**BOOK NOW**  
**4963 6356**  
or **1300 363 654**

### FEBRUARY 2019

Mon 28 Jan	Tues 29 Jan	Wed 30 Jan	Thurs 31 Jan	Fri 1 Feb
<b>AUSTRALIA DAY PUBLIC HOLIDAY</b>	Morning Tea at Swansea Heads Lunch: Lake Macquarie Yacht Club	<b>MILPARA</b> Strength.Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch	<b>MILPARA</b> Sit & Sew with June <b>Or</b> Morning Tea at Croudace Bay Lunch: Valentine Bowling Club	<b>MILPARA</b> Tai Chi / Healthy Moves <b>Or</b> Morning Tea at Stockton Lunch: Fingal Bay Sports Club
Mon 4 Feb	Tues 5 Feb	Wed 6 Feb	Thurs 7 Feb	Fri 8 Feb
Morning Tea at Cargo Espresso Redhead Beach Lunch: Swansea RSL	Morning Tea at Dixon Park Lunch: The Kingfish Honeysuckle	<b>MILPARA</b> Strength.Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch	Scenic Drive Sommersby Falls BBQ Lunch	<b>MILPARA</b> Tai Chi / Healthy Moves <b>Or</b> Scenic Drive Lunch: Wangi Workers Club
Mon 11 Feb	Tues 12 Feb	Wed 13 Feb	Thurs 14 Feb	Fri 15 Feb
Morning Tea at Nobby's Newcastle Art Gallery Harris Farm Market on Darby Street Lunch: TBA	Australian Army Infantry Museum Singleton <b>Or</b> Movies Hoyts Charlestown	<b>MILPARA</b> Strength.Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch	<b>MILPARA</b> Sit & Sew with June <b>Or</b> Morning Tea at Catherine Hill Bay Lunch: Wallarah Rec Club <b>Or</b> Seniors Week Celebration Day at Swansea	<b>MILPARA</b> Tai Chi / Healthy Moves <b>Or</b> Scenic Drive Tenambit Chocolate Shop Lunch: The Windsor Castle Maitland
Mon 18 Feb	Tues 19 Feb	Wed 20 Feb	Thurs 21 Feb	Fri 22 Feb
Seniors Concert and Lunch At Belmont 16 Footers Book by 15 Feb	Mystery Tour	<b>MILPARA</b> Strength.Balance.Relax Cycling Without Age Move and Groove Art in the Park Walking Football At Speers Point <b>Or</b> Scenic Drive High Tea & BBQ Lunch	Dolphin Cruise Nelson Bay BBQ Lunch \$40 incl. transport, cruise and lunch Book by 15 Feb	<b>MILPARA</b> Tai Chi / Healthy Moves <b>Or</b> Scenic Drive Wollombi <b>And/or</b> Special Dinner Event Filipino Feast with Maria and Angie From 5pm \$20
Mon 25 Feb	Tues 26 Feb	Wed 27 Feb	Thurs 28 Feb	
Scenic Drive Port Stephens Lunch: BBQ at Little Beach	Scenic Drive Pearl Beach Lunch: Ettalong Diggers	<b>MILPARA</b> Strength.Balance.Relax <b>Or</b> Belmont 16 Footers Concert and Lunch	Scenic Drive Lunch: Clarendtown <b>Or</b> Sit and Sew with June	



Like us on Facebook and Share the news!

[www.facebook.com/NovaCareCommunityServices](http://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](mailto:support@novacare.org.au)

### FEBRUARY 2019

Mon 28 Jan	Tues 29 Jan	Wed 30 Jan	Thurs 31 Jan	Fri 1 Feb
<b>AUSTRALIA DAY PUBLIC HOLIDAY</b>	Craft Week Tuesday Activity Day Entertainment: Daniel Arvdson <b>Or</b> Shopping Bus	Fit & Fab <b>Or</b> Mystery Tour Book by 23 Jan	Shopping Bus <b>Or</b> Redhead shopping <b>Or</b> Nelson Bay Foreshore Fish & Chips	On the Road Again Nelson Bay <b>Or</b> Scenic Drive Lunch: Carrington Bowling Club
Mon 4 Feb	Tues 5 Feb	Wed 6 Feb	Thurs 7 Feb	Fri 8 Feb
Wellness 9.30-10.30 <b>Or</b> Shopping Bus	Activity Day (500) Chinese New Year Fasion Parade <b>Or</b> Shopping Bus <b>NEW!</b> Moving Well 2pm - 3pm \$5 clients \$10 non clients	Fit & Fab 8.30am - 9.30am <b>Or</b> Men's Group Dora Creek Workers Club <b>Or</b> Belmont 16 Footers Concert and lunch	Shopping Bus <b>Or</b> Redhead social <b>Or</b> <b>NEW!</b> Concert and lunch at Swansea RSL Limited numbers \$26	Millers Weston Shopping trip Lunch: The Criterion Hotel
Mon 11 Feb	Tues 12 Feb	Wed 13 Feb	Thurs 14 Feb	Fri 15 Feb
Coffee Club Belmont 16's <b>Or</b> Wellness 9.30am - 10.30am	Activity Day (craft) Valentine's Day Michelle from In Tune Sing a Along <b>Or</b> Shopping Bus <b>Or</b> <b>NEW!</b> Moving Well 2pm - 3pm \$5 clients \$10 non clients	Fit & Fab 8.30am - 9.30am <b>Or</b> Belmont 16 Footers Concert and lunch	Shopping Bus <b>Or</b> Redhead shopping <b>Or</b> Seniors Week Celebration Day FREE Information Day with experts, Devonshire Tea and BBQ lunch	Poppy's Nusery Lunch: Swansea RSL
Mon 18 Feb	Tues 19 Feb	Wed 20 Feb	Thurs 21 Feb	Fri 22 Feb
Wellness 9.30am - 10.30am <b>Or</b> Seniors Concert Belmont 16's Book by 15 Feb <b>Or</b> Shopping Bus	Activity Day (500) <b>Or</b> Shopping Bus <b>Or</b> <b>NEW!</b> Moving Well 2pm - 3pm \$5 clients \$10 non clients	Fit & Fab 8.30am - 9.30am <b>Or</b> Men's Group Social Outing Speers Point Park Walking Football Move and Groove Art in the park BBQ lunch, morning tea and transport \$15	Shopping Bus <b>Or</b> Redhead social outing <b>Or</b> Newcastle Art Gallery Lunch: The Mary Ellen Hotel	Newcastle Botanical Gardens Lunch: Hexham Bowling Club
Mon 25 Feb	Tues 26 Feb	Wed 27 Feb	Thurs 28 Feb	
Coffee Club Pelican RSL <b>Or</b> Wellness 9.30am - 10.30am	Activity Day (craft) Move and Groove Shopping Bus <b>Or</b> <b>NEW!</b> Moving Well 2pm - 3pm \$5 clients \$10 non clients	Fit & Fab Belmont 16 Footers Concert and lunch	Shopping Bus <b>Or</b> Redhead social <b>Or</b> Redhead Social Group	

# Celebrating NSW Seniors Festival 2019

Love Your Life! With special events  
Wednesday 13 to Sunday 24 February.



**T**here's so much to love about life at any age and there's so much to love about NSW Seniors Festival. This year, Valentine's Day falls within the Festival so the theme 'Love Your Life' is a playful spin off the celebration of romantic love.

We hope you'll find new ways to love your life during the Festival, especially when you enjoy NovaCare's fabulous activities.

## Swansea Celebration Day

Thursday 14 February

Come along to NovaCare Swansea for a FREE Information Day with aged care experts. Enjoy a delicious Devonshire Tea and barbecue lunch.

## Belmont 16 Footers Concert

Monday 18 February

Don't miss this special Seniors Festival event, make your bookings by 15 February.

## Speers Point Celebration Day

Wednesday 20 February

A full day of new and enjoyable events, including:

### Walking Football 9am - 11.30am Speers Point Football Facility

One of the activities we are introducing this year is Walking Football.

Walking Football provides male and female players the opportunity to continue playing or participate in football for the first time in a fun, sociable and inclusive environment. The program focuses on passing rather than speed/running, highlighting the health, well-being and social benefits of regular football and exercise activities for older people.

It's fun for all ages so if you're interested, give us a call.

### Move and Groove, Silent Disco Speers Point Park

Another new experience to try in 2019. Come and get your groove on!

## Filipino Feast Dinner Banquet

Friday 22 February

Two of our care support workers are also fabulous cooks! Maria and Angie will be hosting a Filipino Feast at the Ailsa Craig Cottage. Bookings are essential for catering purposes. Transport is available if needed.



## NEWS

### Welcome to Southlakes Carers!

**N**ovaCare is delighted to advise that Southlakes Carers based at Morisset has joined with NovaCare in 2019. A warm welcome to Vivienne Bruce and all the staff and volunteers of Southlakes Carers and their clients from everyone at NovaCare.



We look forward to combining special events in 2019 for our Milpara Merewether, Swansea and Morisset social centres.