



**Dungog & District  
Neighbourcare Inc.**

*Your Helping Hand At Home*



February 2020

### *Social Support Outing*

Attendees to meet at Dungog Railway Station between 8.30 and 8.45 for departure at 9 a.m.  
If you require transport to the station, please inform office staff when you book.

**Please phone Neighbourcare on 49923348 to book your seat on the outings.**

**26<sup>th</sup> February 2020**

### **Lake Macquarie Nova Cruise**

Cruise beautiful Lake Macquarie with Nova Cruises, morning tea on arrival, buffet lunch and 2 ½ hours cruising!

**Cost: \$70 per person**



**12-23 FEBRUARY 2020**  
[seniorsfestival.nsw.gov.au](http://seniorsfestival.nsw.gov.au)



### **NSW Seniors Festival: 12th—23rd April 2020**

NSW Seniors Festival is the largest festival for seniors in the Southern Hemisphere, reaching up to 500,000 seniors each year.

Who is NSW Seniors Festival for?

- people over 60
- Aboriginal and Torres Strait Islanders over the age of 50
- people over 50 that have a lifelong disability

<https://www.seniorsfestival.nsw.gov.au/>

**Some of the free activities available during this time include:-**

**Edwardian House Party and High Tea**— Saturday 22nd February. 1.30 to 3.30. Northern Coalfields Community centre. Come and see this wonderful display of garments and accessories worn by women in the early 20th century including a high tea served by the CWA. Numbers very limited. RSVP to Neighbourcare on 49923348 by Friday 14th February.

**ABERMAIN CONCERT**— Thursday 20th February, 10.30am. Abermain Plaza hall. A variety concert with dance, music and song.



For more information on these activities and more around the region, head to the above website or come in and see us at Neighbourcare and we can find what's on around the area. Transport can be provided to these activities for a contribution.



### **RUTHERFORD SUPER CENTER**

Do you like to sew? Need any new bed coverings, furniture or just like to shop.

We are running a trip for able bodied clients to Rutherford Super Centre 10<sup>th</sup> March, 2020

Shops include Spotlight, Harvey Norman, Office works and Amart, just to name a few.

There is a Café at the centre for you to enjoy a coffee or have lunch.

Cost for transport is \$20 per person.



## Social Seekers Treks

Our monthly outings for small groups

**Thursday 20<sup>th</sup> February 2020—Worn out Wares**

**Singleton:** Browse the shops display of old wares and morning tea or lunch. \$20.00 per person for transport.

**Tuesday 17<sup>th</sup> March 2020—Twin Rivers Café:** A short distance over the mountain to the peaceful town of Gresford for morning tea or lunch at the café \$12.00 per person

Other costs related to the day are at your own expense.

Eg: morning tea, movie entry, lunch etc

Phone Neighbourcare on 49923348 to book your seat.

**Numbers are limited.**



• **Tuesday 11th February 2020**

Bunnings/Kmart/Aldi —Rutherford

• **Thursday 12th March 2020**

Bunnings/Kmart/Aldi —Rutherford

*So come along when your able, enjoy some great company and a bite to eat. Transport will depart around 9am. Cost is \$12 for transport. Purchases are at your own expense.*

**Phone the office on 49923348 and talk to Debra for more information..**



## Civic Theatre

### EXPRESSIONS OF INTEREST

**Expressions of interest for an evening at the Civic in the heart of Newcastle.**

We would love to offer the opportunity to enjoy live theatre some options are;

• **Chess the Musical Friday—27<sup>th</sup> March:**

Tickets \$79.00

• **Sleeping Beauty with the Moscow Ballet—**

Friday 17<sup>th</sup> April: Tickets \$75.00

• **The Sapphires— Saturday 30<sup>th</sup> May: Tickets**

\$44.00

• **Carmen—Tuesday 8<sup>th</sup> September: Tickets**

\$54.00

**Transport and dinner would be an additional cost.**

*If you are interested we will need to confirm tickets by 20<sup>th</sup> February with payment. Please phone Neighbourcare on 49923348 for additional information and to book.*

## STEPPING OUT SATURDAYS

**Do your weekends seem long, are you looking for something to do?**

Neighbourcare is looking at stepping out on Saturdays and providing transport to venues accommodating up to 14 clients three times per year.

If you have any ideas as to where you would like to go please email to [info@neighbourcare.org.au](mailto:info@neighbourcare.org.au) or contact our office on ph: 49923348

Bookings are essential, transport cost \$20.00per person and morning tea and or lunch is at your own expense.

**March 21<sup>st</sup> — Lunch at Woodville Church and Café  
235 Clarence Town Road, Woodville**



## Museum of Art and Culture Lake Macquarie

**Wednesday 25<sup>th</sup> March**

Join us for Morning tea at Café MAC overlooking glorious lake views and Sculpture park, then a guided tour of the current exhibitions, which will include the HSC art express works.

The Museum of Art and Culture (MAC) is an exceptional cultural and tourist destination located at the northern tip of Lake Macquarie. MAC, formerly known as Lake Macquarie City Art Gallery, was established in 1980. MAC is now uniquely positioned within 5 hectares of leafy grounds on the shore of Lake Macquarie, Australia's largest salt-water lake. You can also visit Shop Mac, where you will find high quality handcrafted jewellery, glassware, ceramics and more by local and national makers for purchase.

Lunch will then follow at the newly renovated Argie Hotel

**Cost: \$45.00 per person**



Museum of Art and Culture  
Lake Macquarie

### Your feedback is always welcome

Our staff are required to provide, safe quality services for you. These services will respect your choice in how care is delivered and that you are treated with dignity and respect. Staff will also respect your cultural and diversity needs in all dealings with you.

It is also possible to appoint an advocate who can help support you when speaking to us about your care needs.

If at any time you feel you are not treated with dignity and respect please talk with your Coordinator or Cherylin. Your feedback is of value to us so that we can deliver the best possible care and assist you remain independent.