

## Activity Calendar – Community Outings

Read through the calendar and decide on the outings you'd like to attend as early as possible.

Phone us on **1300 65 88 30** to register your name and make a note on your outing sheet.

If you book for an outing or transport with us, you'll receive a confirmation call 24 hours before pick up time. If you **DO NOT** hear from your volunteer call us on 1300 65 88 30.

Please be ready 30 minutes prior to pick up time and be aware we may be up to 15 minutes late due to cancellations, traffic and unforeseen circumstances.

Most outings have a waiting list and you may receive a call at short notice.

If you're unable to attend the outing, please phone the office ASAP.

### Dietary Requirements

If you have special dietary requirements, please let us know so we can notify any lunch venues we visit on your behalf.

If you are diabetic, please bring along a snack or drink, as pick-ups for longer outings can take some time.

Your well-being is most important to us.

**Did you know**, at MidCoast Assist our friendly, professional team offer a range of different services?

**Phone: 1300 65 88 30**

## Concert & Movie Clubs

As many concerts, shows and movies are advertised after we complete our calendars we have decided to start a Concert Club and a Movie Club.

When a concert, interesting event or movie is advertised, we will contact you.

If you wish to be part of the Concert Club or Movie Club, let us know when you ring to make your monthly bookings. We will also need you to provide your mobile phone number or email address, if you have one and/or your contact preference ie. text, email or phone call.

Volunteers - please advise if you are willing to assist with this activity.

### Contact us:

**4 Breese Parade, Forster  
71 Booner Street, Hawks Nest  
6 Church Lane, Stroud**

### Online:

**[www.midcoastassist.com.au](http://www.midcoastassist.com.au)**

**Phone: 1300 65 88 30, press 1**

### Email:

**[AgeingAssist@midcoast.nsw.gov.au](mailto:AgeingAssist@midcoast.nsw.gov.au)**



**AGEING  
SUPPORT  
SERVICES**



**WHAT'S ON  
with ACTIVE AND OLDER**

**Community Outings**

[midcoastassist.com.au](http://midcoastassist.com.au)

*Please note, our Neighbour Aid Calendar is now known as the Community Outings Calendar*

Date	Event Name	Details	Pick up Begins	Cost	Booked Y / N
Fri, 3 Aug	<b>90's+ Lunch, Ageing to Perfection</b>	Recreation Room, Ageing Services, Mid Coast Assist	11.00am	\$15 (lunch only) \$20 (with transport)	
Tue, 7 Aug	<b>Movie Day -</b> Great Lakes Cinema 3, Tuncurry <i>JOIN OUR 'MOVIE CLUB'</i>	Movie session times to be advised Join our Movie Club & we can contact you to confirm details via text or email	Movie & Session Time TBA	\$10 transport Plus \$10.50 for ticket	
Wed, 8 Aug	<b>Taree &amp; Surrounds Outing &amp; Lunch</b>	Manning Valley Scenic Drive via Tinonee Lunch - Bent on Food Wingham	10.30am	\$13 transport Plus cost of lunch	
Fri, 10 Aug	<b>Bus Outing</b>	Visit to Gloucester Art Gallery - Exhibition - "My Art, Your Heart" by talented local artist Fred Bullen. Fred will be in attendance to meet everyone & discuss his art work. Lunch - The Kitchen, Roundabout Inn	9.00am	\$15 transport Plus cost of meal	
Sun, 12 Aug	<b>Special Concert Event</b> <i>JOIN OUR 'CONCERT CLUB'</i> <i>(details over page)</i>	Rat Pack Reloaded (see details on back of calendar) Manning Entertainment Centre Taree	12.30pm	\$13 transport Plus \$60 per ticket Pay in advance, non-refundable	
Tue, 14 Aug	<b>Forster &amp; Surrounds Outing &amp; Lunch</b>	Scenic Drive - Pacific Palms Lunch - Kembali Café, Blueys Beach	10.30am	\$13 transport Plus cost of lunch	
Fri, 17 Aug	<b>'High Jinks' Day</b> Suitable for those finding it hard to get out and about on bus trips & longer outings	A day of entertainment, games, activities and enjoyment with friends in the Recreation Room - Ageing Services, MidCoast Assist.	9.30am	\$20 transport & lunch included	
Tue, 21 Aug	<b>Touring the Mid North Coast</b>	Join us for a road trip to Crowdy Head and Harrington. We may even see a whale or 2. Lunch - Club Harrington	10.00am	\$13 transport plus cost of lunch	
Wed, 22 Aug	<b>Arts &amp; Antiques Taree / Great Lakes</b>	Visit to Forster Arts & Crafts Centre Lunch - Tuncurry Bowling Club	10.30am	\$10 transport plus cost of lunch & purchases	
Tue, 28 Aug	<b>Bus Outing</b>	Scenic Ocean Bus Trip - Laurieton, North Haven Lunch - Port City Bowling Club Port Macquarie	9.00am	\$15 transport plus cost of lunch	

***We look forward to seeing you there!***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3 <b>90's Lunch</b> Ageing to Perfection	4	5
6	7 <b>Movie Day</b> Tuncurry	8 <b>Taree &amp; Surrounds</b> Outing & Lunch	9	10 <b>Bus Outing</b>	11	12 <b>Concert</b> Ratpack Reloaded, Manning Ent Centre, Taree
13	14 <b>Forster &amp; Surrounds</b> Outing & Lunch	15	16	17 <b>'High Jinks'</b> Day Forster	18	19
20	21 <b>Touring The Mid North Coast</b>	22 <b>Arts &amp; Antiques</b> Taree / Great Lakes	23	24	25	26
27	28 <b>Bus outing</b>	29	30	31		

For last minute changes to activities, call us on 1300 65 88 30, or view the latest 'What's on Calendar' at [www.midcoastassist.com.au](http://www.midcoastassist.com.au)



**Rat Pack Reloaded**  
**Manning Entertainment Centre Taree**  
**Sunday 12th August 2pm - 4.15pm**  
**Tickets - \$60**

**What do you get when Frank Sinatra, Sammy Davis Jnr and Dean Martin meet Robbie Williams, Harry Connick Jnr and Michael Bublé? ..... Rat Pack Reloaded!**

Critically acclaimed hit show recreates the sound of the Big Band era featuring iconic hits from the 1950's right through to today.

Hits such as New York New York, My Way, Feeling Good, Fly me to the Moon ... plus many more.

Backed by their sensational band 'The Players'. Rat Pack Reloaded are hitting the road to bring their action packed show to theatres across the country.

**Please confirm your interest by Friday 27<sup>th</sup> July 2018.**  
**Tickets to be paid for in advance, non-refundable.**

**Concert Club:**

**Would you like to become a member of Ageing Assist Community Outings Concert Club?**  
**See front of brochure for details.**