



## LUNCH BY THE SEA

If you love great food, beautiful sea views and good conversation, come and join us for Lunch by the Sea. Transport from and back to your home is included. Bookings are essential. **Please note:** venues may change due to unforeseen circumstances. Cost is \$20 plus the cost of morning tea and lunch.

### Monday from 9am to 3.00pm

#### 3 February

Morning Tea – Driftwood Café, Milton  
Lunch – Cupitts Winery, Milton.

#### 10 February

Morning Tea – Emerson's on Main, Ulladulla  
Lunch – ExServices Club, Ulladulla.

#### 17 February

Morning Tea – Civic Centre, Ulladulla  
Lunch – Wharf Cafe, Ulladulla

#### 24 February

Picnic Morning Tea at Lions Park, Ulladulla  
Lunch – Breakers Café, Mollymook

## MAGICAL DAY TOURS

It's time to get out of the house and join us for a magical, adventurous bus trip! Bus pick-up and drop-off is at the Francis Ryan Reserve Car Park, Sanctuary Point.

Bookings are essential as numbers may be limited – please book at least one week prior to the date of the tour. Cost will be shown with each outing as price may differ depending on the distance traveled for the day.



### Tues, 4 February, 9am to 3pm (\$30)

#### Incredible Views of the Illawarra

Join us for a fun bus trip taking in the beautiful coastline of the Illawarra along the way. First stop will be Gerringong where we will have plenty of time to browse the unique shops and boutiques and relax with morning tea at a local cafe. From there, we'll journey to Altitude 1148, a renowned café and restaurant perched at Bulli Tops, where a delicious lunch awaits alongside breathtaking views of the Illawarra escarpment and coastline. This trip promises great company, stunning scenery, and a day filled with fun and flavour. Don't miss out!

## MAGICAL DAY TOURS (cont'd)



**Wed, 12 February, 9am to 3pm (\$30)**

### Murramarang Adventure

We will be stopping for morning tea and a spot of shopping at Saltwood Café in Kioloa before immersing ourselves in the rich history and natural beauty of the Murramarang Aboriginal Area. As well as the cultural significance, the walk offers incredible coastal views. You might see kangaroos grazing or sea eagles soaring overhead as you're ambling along. Finally, relax with lunch at Murramarang Holiday Resort, surrounded by stunning coastal scenery. A perfect day awaits!



**Tues, 25 February, 9am to 3pm (\$20)**

### Fire and Rain: The James Taylor Songbook

Experience the magic of James Taylor's timeless hits as talented musician Darren Coggan beautifully captures the heart and soul of these iconic songs. With classics like "You've Got a Friend" and "Carolina in My Mind," this heartfelt performance will leave you spellbound. Morning tea will be at Earnest Arthur Cafe and we will have lunch at the Worrigea Sports Club. Tickets are \$25 and only 10 are available.

## NEW FUN GROUP FOR NOWRA

**Wed, 26 February, 10 to 11.30am (\$6)**

### Cuppa Conversations

Living in Nowra and looking to make new friends and enjoy a relaxed morning out? Come along to Cuppa Conversations, a new, friendly and welcoming social group where you can have a chat, enjoy your favourite brew, and connect with others in your community. We will have a table at the Encore Café in the Shoalhaven Entertainment Centre on the fourth Wednesday of every month from 10am to 11.30am. Bookings are essential and please inform our team if transport is an issue for you.



## FREE INFORMATION SESSION

**Thurs, 20 February, 2.30pm to 4pm**

### Seniors Rights Service

Are you curious about how the new Aged Care Reforms might affect you? Do you have questions around My Aged Care, or your rights as a senior? Join us for a free seminar by Deidre Baker from Seniors Rights Service. Gain valuable insights and have the opportunity to ask questions in a supportive environment.

This informative session will cover:

- Key updates to aged care policies and what they mean for seniors.
- How to access services and support under the new reforms.
- Your rights and options within the aged care system

The seminar will be held at 21 Meriton Street, St Georges Basin. Please book your spot.

## FRIDAY SOCIAL CONNECTION

**Fridays 10am to 2pm – centre-based (\$20 with transport included to and from home, \$17 no transport)**

Join us at the BCR Communities Wellness Centre in Sanctuary Point for lots of fun and interesting activities. As part of the Friday Group you will enjoy a range of activities like art and craft, trivia, live music and games as well as good conversation and social connection. Our lovely volunteers also prepare morning tea, lunch and a delicious dessert.

**7 February – Activities at the Centre**

**14 February – Activities at the Centre**

**21 February – Craft at the Centre**

**28 February – Lunch Out**

For February's monthly outing, we will enjoy activities and a Devonshire morning tea in the centre before heading out to the Portside Café in Huskisson for lunch. Cost is \$30 which includes morning tea, transport and lunch.



## CARER SUPPORT GROUP

The Carer Support Group meets once a month for a cuppa and a chat. It is a relaxed and friendly environment where everybody has the opportunity to share their experiences, discuss challenges and support others. **The meetings are held at the BCR Wellness Centre, 130 Macleans Point Rd, Sanctuary Point.** There is no cost and all carers are welcome.

**Thursday, 20 February**

## ZEN AFTERNOONS

Chair Yoga, Chair Tai Chi, Chair Cardio/Strength Exercises for Seniors, and Meditation - all you need for that important body, mind and spirit connection. Please book at least one week prior to the date of attendance.

**Wednesday 1.30pm to 3.00pm (cost \$6)**  
130 Macleans Pt Road, Sanctuary Point

5 February

19 February

## DEMENTIA SPECIFIC

### DAY RESPITE SOCIAL GROUP

Come along to the BCR Wellness Centre for engaging social activities designed just for you! Connect with new friends, get creative, have fun, and enjoy a freshly prepared lunch. This group is tailored for people living with dementia. Cost is \$20 and includes lunch and morning tea. Bookings essential, please let us know if transport is difficult for you.

**Monday 9.30am to 2.30pm**

3 Feb 10 Feb 17 Feb 24 Feb



**Please Note:** prices listed for social activities are for clients with the Commonwealth Home Support Program (CHSP). Clients with a Home Care Package will need to speak to their Care Manager about the cost of activities.

## TIMETABLE

All wellness classes are instructed by professionals and have been designed to increase your strength, improve your balance and mobility, and reduce your risk of falls.

### **Jervis Bay Physiotherapy Exercise Classes (Term - 18 Feb to 11 April)**

#### **Sanctuary Point Clinic at 2/200 Kerry Street, Sanctuary Point**

|          |  |
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| Tuesday  | 2.00pm - 3.00pm (Low Level Strength and Conditioning)  |
| Tuesday  | 3.00pm – 4.00pm (High Level Strength and Conditioning) |
| Tuesday  | 4.00pm – 5.00pm (Low Level Strength and Conditioning)  |
| Thursday | 8.30am - 9.30am (Low Level Balance Class)              |
| Thursday | 9.30am - 10.30am (High Level Balance Class)            |
| Thursday | 10.30am - 11.30am (Parkinsons Disease Exercise Class)  |
| Thursday | 3pm - 4pm (Low Level Strength and Conditioning)        |

Limited places are available. Please contact physiotherapist Rebekah on 0417 681 328 for enquiries.

### **K. Yoga Chair Exercise Classes**

#### **Burrill Lake Community Hall**

|           |  |
|-----------|--|
| Wednesday | 8.00am – 9.00am (Slow, Flow and Hold)            |
| Wednesday | 9.00am – 10.00am (Chair Exercise/Yoga)           |
| Thursday  | 9.00am – 10.00am (Stretch, Strength and Balance) |
| Thursday  | 10.20am – 11.20am (Chair Exercise/Yoga)          |

For more information or to book a class of chair yoga please call Kerri on 0467 685 219 or email [kerriandkyoga@gmail.com](mailto:kerriandkyoga@gmail.com)

### **Physio Pal Exercise Classes**

#### **North Nowra Community Centre**

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| Thursday | 10.00am – 11.00am |
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For more information or to book a class please call Physio Pal on 42023874.