

## Meet Leonie

We are excited to introduce you all to Leonie Way - our new Lifestyle Activities Coordinator.



*"Hi my name is Leonie and I am so happy to now be a part of the BCR team. I have extensive experience in organising activities and programs, and I am really looking forward to planning a social, fun and exciting calendar of activities for the northern Shoalhaven area.*

*I enjoy having a chat, listening to music, going for walks in nature and I really love cooking, especially Thai! I have a passion for adventure and love to try new places and activities but am also partial to a nap. I can't wait to meet everyone soon!*

## CAN YOU HELP US? LET'S HAVE A CHAT OVER COFFEE AND CAKE!

**Monday, 13 May – 10am to 11am**

**Free morning tea at Peckish on the Park in Nowra**

While Leonie has lots of great ideas, she really wants to ensure that she is creating a social calendar that reflects the needs and interests of our clients.

If you could spare an hour of your time, Leonie would love to meet with you for a brainstorm over coffee and cake. She is hoping to get together a group of around 10 clients who are happy to chat about their hobbies and interests and what, for them, makes a great day out.

Do you love music and concerts; art galleries and museums; gardens and nature; or eating out at a great restaurant? Would you like to be a part of a bookclub? Do you enjoy playing card games or a good trivia session? Do you need help with technology? Would you be interested in listening to a guest speaker? Is cost and transport a factor for you? What days of the week are best for you? Do you want to make new friends and get out more socially?

Leonie is looking forward to hearing your answers to these questions and more at the coffee and cake catch-up. If you can't make the date but would still like to contribute your ideas and suggestions **you can contact Leonie by calling 1300 222 748 or email her at [wayl@BCRcommunities.com](mailto:wayl@BCRcommunities.com)**



## MAGICAL DAY TOURS

It's time to get out of the house and join us for a fun and adventurous bus trip!

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. There are different pick-up and drop-off locations for each tour - our social connect team will discuss the best option for you at the time of booking.



**Tuesday, 7 May, 9am to 3pm**

### Shoalhaven Native Botanic Garden

The Shoalhaven Heads Native Botanic Garden is a fantastic example of a community coming together to create something special.

The garden is entirely the work of a team of dedicated volunteers and features over 200 Australian natives including rare, endangered and bush tucker plants.

After exploring the tranquil walking paths, we will be enjoying a leisurely lunch at the nearby Shoalhaven Heads Hotel. Cost is \$20 plus your food and drinks.



**Wednesday, 8 May, 9am to 3pm**

### Jervis Bay Maritime Museum

The Jervis Bay Maritime Museum & Gallery is always a great day out but it's even better when there is an exhibition on. Currently they have 'The Craft of Design' featuring the work of iconic Australian fashion designers. After exploring the museum we will head outside to stroll through the beautiful mangrove boardwalk, and reserve gardens. Lunch will be from the always delicious 'Five Little Pigs' food truck at Jervis Bay Brewing. Cost is \$20 plus \$10 admission for the museum plus money for lunch.



**Wednesday, 15 May, 9am to 3pm**

### Southern Highlands Exploring

Is there a better place to enjoy the beauty of Autumn than the Southern Highlands? Today we will be travelling to the Lake Alexandra Reserve in Mittagong. Parklands and pathways surround the lake, which is home to aquatic birdlife including ducks and geese, as well as turtles. After building up an appetite on our stroll, we will head to Mittagong RSL for lunch. Cost is \$30 plus money for lunch.

## LUNCH BY THE SEA

**Friday, 17 May, 9am to 3pm**

**Gerroa Boat Fishermans Club**

If you love great food, beautiful sea views and good conversation, come and join us for Lunch by the Sea.

Today we will start our culinary journey with a good old fashioned cinnamon doughnut and coffee at the iconic van in Berry for morning tea. There will be time for a look around the Berry shops before we head to the place with some of the best sea views on the South Coast – the Gerroa Boat Fishermans Club. The cost is \$20 plus the price of your food and drinks.



**Wednesday, 22 May, 9am to 3pm**

**Op Shop Treasure Hunt**

Designer clothing, unique accessories, old books, vintage china or a beautiful piece of art - it is so exciting unearthing treasure in an op shop and only paying a few dollars for it!

On this magical day tour we will be exploring the op shops around Nowra and Callala Bay with a prize for the person who finds the most unique treasure!

Shopping is hungry work so we will be stopping in Nowra at Peckish on the Park café for morning tea and at the Callala Beachside Bistro for a delicious lunch. Cost is \$20 plus your food and drinks.

## MAGICAL DAY TOURS (Cont'd)



**Tuesday, 21 May, 9.30am to 4pm**

**Platinum Duo Concert**

Warm up your vocal chords because with over 400 songs on their playlist it is guaranteed that Platinum Duo will have you singing along to a tune you love. Relive the dances and discos of your youth with songs from The Beatles, ABBA, Bee Gees, Neil Diamond, Beach Boys, The Eagles, Fleetwood Mac and so many more!

The show is at the Illawarra Yacht Club which is situated on the foreshore of Lake Illawarra and has stunning 180 degree views. The concert ticket price also includes a main meal and a dessert. The cost for the Magical Day Tour is \$30 and the concert and lunch is \$35, so it will be \$65 for the day.



## MAGICAL DAY TOURS (Cont'd)



**Monday, 27 May, 9am to 3pm**

### Cambewarra Mountain Lookout

Be awed by some of the most spectacular scenery in the Shoalhaven at the Cambewarra Mountain Lookout. The historic Lookout Café, surrounded by the largest areas of subtropical rainforest remaining in the Illawarra and Shoalhaven, will be a special experience for morning tea.

After taking in the views and trying to spot some of the natural wildlife, we will head to Nowra with the option of having lunch at LEAF Thai Restaurant or the Japanese Beleaf Table Restaurant next door. The cost is \$20 plus money for morning tea and lunch

## Interested in an activity but the date doesn't suit you?

Our Social Connection Team would still love to hear from you. Let them know the days you are free and the kind of activities you are interested in, and they will keep you in mind when planning the next Social Connect calendar.



## MAGICAL DAY TOURS (Cont'd)

**Friday, 31 May, 9am to 3pm**

### Coolangatta Estate Winery

While wine connoisseurs will be in heaven, even teetotalers will love this trip to the historic Coolangatta Estate.

You can participate in a wine tasting or just enjoy the heritage buildings, beautiful gardens and stunning views of the ocean, Shoalhaven River and rolling vineyards.

After the wine tasting we will drive to Berry for lunch at the Bowling Club and a bit of a shop if time allows. The cost is \$20 plus \$15 for wine tasting and money for lunch.



## WELLNESS CLASS

These classes have been designed to improve your strength, balance and mobility, and reduce your risk of falls.

### Physio Pal Exercise Class North Nowra Community Centre

Thursday 10.00am

For more information or to book a class please call Physio Pal on 42023874