

August 2026 - Illawarra

1300 222 748 | [BCRcommunities.com](https://www.bcrcommunities.com)

MAGICAL DAY TOURS

It's time to get out of the house and join us for an exciting, adventurous social activity! **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. Pick-up location is the: BCR Tongarra Centre – 108a Tongarra Road, Albion Park. Please note: fees are inclusive of all costs to BCR, and prices may be subject to change.



Wednesday, 5 August

Pick-up – 8am (\$33.10 + meals)

Sensational Scenic Dams Discovery Tour

Take in the spectacular scenery of two of the Illawarra's most impressive engineering landmarks on this scenic day trip. We'll visit Cataract Dam and Cordeaux Dam, where you can admire the historic architecture, sweeping views and beautifully maintained picnic grounds while learning about the important role these dams play in supplying water to the region. We'll stop for morning tea at The Woolshed, Yallah, before enjoying lunch at the Appin Hotel.



Wednesday, 12 August

Pick-up 8am Albion Park (\$33.10 + meals)

Wonderful Werninck Craft Cottage

Spend the day exploring the delightful Werninck Craft Cottage, a beautifully restored historic settler's cottage in Nowra. Run by a team of 30 volunteers, the cottage is filled with handmade crafts, knitted babywear, rugs, gifts and unique treasures. Best of all, every purchase helps support local charities and community organisations. We'll enjoy morning tea at The Foragers Wholefood Café before finishing the day with lunch at Club Nowra.

CANCELLATIONS

We understand that circumstances can change but if you need to cancel an activity we need the cancellation to be made at least two business days before the scheduled activity to avoid a cancellation fee. If a cancellation is made within this timeframe, a fee may be charged. This is in line with all other BCR aged care services.



Wednesday, 19 August

Pick-up – 8.00 am (\$33.10 + meals)

Burragorang Lookout Scenic Drive Tour

Join us for a scenic day exploring the stunning countryside as we travel to Burragorang Lookout, where you'll enjoy breathtaking views across the vast Warragamba catchment and surrounding escarpments. It's the perfect spot to take in the landscape, snap a few photos and appreciate one of the region's most spectacular vistas. We'll stop for morning tea at the Shellharbour Airport Café, where you can watch the planes come and go, before finishing the day with lunch at the Picton Bowling Club.



MACQUARIE MATES

**Every Monday at BCR Tongarra Centre
9.30am to 12pm**

Join us for Macquarie Mates - a relaxed morning of games, laughter and good company. Whether you're into cards, board games or just a friendly chat, there's always a seat at the table for you. Come along, make new friends, and start your week with a smile! The cost is \$7.50 (plus a gold coin donation for the weekly prize) which includes morning tea.



Wednesday, 26 August

Pick-up - 10am (\$33.10 + \$67.50 ticket + meals)

The Roy Orbison Story

Experience the wonder of Roy Orbison in this outstanding theatrical tribute at the Shoalhaven Entertainment Centre. This captivating production celebrates the life, music and unforgettable voice of one of rock and roll's greatest legends. Featuring timeless classics including *Only the Lonely*, *Running Scared*, *Blue Bayou*, *Crying*, *Penny Arcade*, *Oh, Pretty Woman* and many more, you'll feel transported back in time as Roy's remarkable story unfolds. Before the 2.00pm performance, we'll enjoy a delicious lunch together at the North Nowra Tavern.



RESPITE SOCIAL GROUP

Every Thursday 9.30am to 2.30pm

Enjoy a welcoming day of fun, friendship and engaging activities **designed especially for people living with dementia**. Meet new people, get creative, share a few laughs and enjoy a freshly prepared morning tea and lunch together. Cost: \$22.10 per person, including morning tea and lunch. Bookings are essential. If transport is difficult, please let us know - we may be able to help.



TUESDAY MIDDAY MINGLE

Pick-up between 11am-12pm (\$22.10 + meal)

Our new Tuesday Midday Mingle group has been designed especially for people who would like to get out of the house but may find longer bus trips a little too much. It's all about easy outings, friendly conversation and enjoying a change of scenery close to home.

Participants are picked up from home, taken to a local café or club for lunch, and then comfortably returned home afterwards. This small-group outing is ideal for those who would like to stay socially connected, build confidence getting out and about, and enjoy a gentle, stress-free social experience. You will be notified of your pick-up time the day before.

PHYSIO PAL EXERCISE CLASSES

Warrigal, Figtree

Thursday 10am – 11am

BCR Tongarra Centre, Albion Park

Thursday 10am – 11am

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

\$7.50 with a referral code

\$15 private fee or \$130 for 10 sessions

.....EXPRESSIONS OF INTEREST.....

Getaway and Sydney Zoo: 14-15 October

Enjoy a relaxed overnight getaway with great company and a fun wildlife experience. We will have some time shopping at Westfield before our 2pm check-in, there'll be time to relax before a delicious dinner at a local tavern.

The next morning includes a buffet breakfast before spending the day at the Sydney Zoo located in Western Sydney. Transport, accommodation and supports provided. Costs and details confirmed once numbers are known. Please register your interest.

Sydney Zoo is different to Taronga Zoo – it is a lot more manageable to walk around!



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