

June/July 2026 – Nowra

1300 222 748 | [BCRcommunities.com](http://BCRcommunities.com)

## MAGICAL DAY TOURS

It's time to get out of the house and join us for a magical, 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. Pick-up location in the Bridge Road Carpark in Nowra.



### Wednesday, 10 June

Pick-up – 9am (\$21 + \$5 ticket + meals)

#### Kangaroo Valley Village Pioneer Museum

Spend the day soaking up the local history at the Kangaroo Valley Pioneer Museum, where charming heritage buildings and fascinating displays bring the past to life. Before exploring, we'll enjoy morning tea at Hampden Deli Dining and School, known for its fresh, locally inspired treats. After the museum, we will escape the winter chill at the Kangaroo Valley Hotel for a lunch in a warm and cosy setting.



### Wednesday, 17 June

Pick-up – 9.30am (\$21 + \$20 ticket + meals)

#### A Day of Calm at the Farm

Enjoy a truly unique day out at Calm the Farm, a relaxing experience designed to help people enjoy the simple joy of being around animals and nature. Visitors actually engage with the farm animals in their own spaces rather than treating them as attractions. Spend time with horses, goats, ponies, chickens and more in a calm natural setting. Morning tea is included as part of the experience and lunch will be at the Shellharbour Workers Club.

### First Time with BCR Social Connect?

If this is your first time joining an activity, please let the BCR team know when you RSVP. One of our friendly Lifestyle Activities Coordinators will give you a call beforehand to chat through the details, make sure the activity is right for you, and discuss how we can best support you.



### Wednesday, 24 June

Pick-up - 9am (\$31.50 + meals)

#### Sips, Scenery and a Great Day Out

Experience a real South Coast treat as we start with a morning tea at Café Rene in South Nowra, the perfect spot to ease into the day. Then it's off to the stunning Cupitt's Estate, nestled just outside Ulladulla, where rolling green hills meet sweeping coastal views. Enjoy a lovely lunch in this beautiful setting surrounded by rows of grape vines. There will be plenty of time to soak up the scenery, take a wander and enjoy the crisp country air.



### Wednesday, 8 July

Pick-up - 9am (\$31.50 + meals)

#### Classic Aussie Country Pub Experience

Enjoy a relaxed start to the day with morning tea at Flour Water Salt Café, a local favourite known for its great coffee and fresh, tasty treats. From there, we'll take a scenic drive out to the iconic Nerriga Hotel, a true Aussie country pub full of character. Settle in for a hearty lunch, soak up the laid-back atmosphere and enjoy the great company.



### Wednesday 1 July

Pick-up - 9.30am (\$21 + meals)

#### Kiama Market Day Out

Spend the day soaking up the lively atmosphere at the Kiama Farmers' Market, where local growers, makers and bakers come together to showcase the best of the region. Wander through the stalls at your own pace, enjoy the fresh coastal air and discover everything from fresh produce to handmade treats and unique finds. Afterwards, we'll head to Kiama Bowling Club for a delicious lunch and a chance to relax together.



### Wednesday 15 July

Pick-up - 9.30am (\$21 + \$10 ticket + meals)

#### A Berry Sweet Day

Treat yourself to a sweet day out with a tour of The Treat Factory in Berry, which boasts a four-generation heritage of crafting gourmet condiments, old-fashioned confectionery, and decadent chocolates. After the tour, we will take in the charm of Berry before heading to Gerringong Bowling Club for a delicious lunch and a chance to chat and relax!



### Wednesday, 22 July

Pick-up – 9am (\$21 + \$28 ticket for lunch + morning tea)

#### Christmas in July Food and Fun!

What better way to beat the winter blues than with some festive Christmas in July fun and feasting! We'll begin with a delicious treat or two from The Dairy Bar in Berry, before heading to Vons Vintage Café in Pyree - the perfect, homey location for a traditional Christmas-style lunch. You might want to wear your stretchiest pants for this one – there will be a lot of eating!



### Wednesday, 29 July

Pick-up – 9.30am (\$21 + meals)

Discover why Greenwell Point is famous for some of the freshest seafood on the South Coast as we enjoy a special seafood experience at Wild Jim's Oysters. Learn more about the local oyster industry, take in the relaxed waterfront atmosphere and enjoy the opportunity to purchase fresh seafood along the way. Afterwards, we'll settle in for a delicious lunch at Pelican Rocks Seafood Restaurant.

## WELLNESS CLASS

### Physio Pal Exercise Classes

#### North Nowra Community Centre

Thursday 10.00am – 11.00am

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



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

#### Getaway and Sydney Zoo: 14-15 October

Enjoy a relaxed overnight getaway with great company and a fun wildlife experience. We'll have some time Westfield shopping before our 2pm check-in, there'll be time to relax or swim, followed by dinner at a local tavern. The next morning includes a buffet breakfast before spending the day at the zoo. Transport, accommodation and supports provided. Costs and details confirmed once numbers are known. Please register your interest.



**Please Note:** prices listed for all 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.

**Cancellations:** 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.