

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 is the: BCR Tongarra Centre – 108a Tongarra Road, Albion Park



Wednesday, 4 February

Pick-up 8am Albion Park (\$31.50 + meals)

Falls and Lookouts Adventure

Get ready for a day of fresh air, big views and natural beauty! We'll kick off with morning tea at Schutz Nursery in Tomerong before setting out to explore some of the region's most impressive spots. Discover the cascading waters of Granite Falls, soak up the breathtaking panoramic views from George Boyd Lookout, and enjoy the peaceful surrounds of Porters Creek Dam. After a morning of exploring, we'll wind down with a relaxed lunch at Brown Sugar Café in Milton.



Wednesday, 11 February

Pick-up - 9am Albion Park (\$21 + meals)

Stunning Pepper Manor Garden Tour

Spend a beautiful day in the Southern Highlands enjoying gardens, heritage and great food. We'll begin with a tour of the open gardens at Peppers Manor in Sutton Forest, where you can wander through the elegant grounds and take in the peaceful country surrounds.

After our garden stroll, we'll enjoy a classic Devonshire tea (\$20) before travelling on to Bowral for lunch at the Scottish Arms Hotel, known for its warm hospitality and hearty pub-style meals.

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, 18 February

Pick-up - 8am Albion Park (\$31.50 + meals)

Oysters and Coastal Flavours

Enjoy a relaxed coastal day at Jim Wild's Oysters, a family-owned and operated working oyster farm set on the banks of the beautiful Crookhaven River. Sit back and enjoy fresh oysters and prawns straight from the water while taking in the peaceful river views. We'll start the day with morning tea at Punch the Ploughman in Nowra, before finishing with lunch at Club Callala, known for its friendly atmosphere and classic club meals.



Wednesday, 4 March

Pick-up - 8am Albion Park (\$31.50 + meals)

Meroo Head Lookout & Lakeside Lunch

Pack your camera and get ready for big views as we head to Meroo Head Lookout, a rugged coastal lookout known for its dramatic headlands and sweeping ocean panoramas. We'll kick things off with morning tea at the much-loved Milton Heritage Bakery, before spending time soaking up the wild beauty and peaceful surrounds of the national park. To wrap up the day, we'll unwind with lunch at Lakeside Café, overlooking the calm waters of Burrill Lake.



Wednesday, 25 February

Pick-up - 8am Albion Park (\$31.50 + meals)

Dose of Art & Culture at Bundanon

Be creatively inspired with free entry to Bundanon Art Museum, one of Australia's most unique regional art destinations. Set within a stunning riverside landscape, the museum features rotating contemporary and Australian art exhibitions, immersive installations, and spaces that connect art with nature, culture and country. We'll start the day with morning tea at The Again and Again Cafe in Bomaderry and finish with lunch at Shoalhaven Heads Bowling Club.



Wednesday, 11 March

Pick-up - 9am Albion Park (\$21 + meals)

A Berry Good Day Out

Step out for a classic country escape to the much-loved township of Berry. We'll begin with morning tea at the Kiama Quarry Café, a local favourite with lovely views. From there, we'll head to Berry to wander the boutique shops, galleries and streets at your own pace. To finish the day, we'll come together to enjoy a classic pub lunch at the historic Berry Hotel.



Wednesday, 18 March

Pick-up - 8am A.P (\$31.50 +\$8 ticket +meals)

Southern Highlands Botanic Gardens Tour

Discover the beauty and vision behind one of the Southern Highlands' most special garden spaces with a guided tour of the Southern Highlands Botanic Gardens. Learn about the evolving gardens, seasonal plantings and future plans while strolling through the peaceful surrounds. We'll start the day with morning tea at Hampden Deli in Kangaroo Valley, before heading to Bowral for our garden visit. To finish, we'll enjoy a relaxed lunch together at Biscotti Café in Bowral.



Wednesday, 25 March

Pick-up - 8.30am Albion Park (\$31.50 + meals)

Colourful Caringbah Camellia Gardens

Enjoy a day of colour, calm and classic garden beauty in the Sutherland Shire with a visit to the Caringbah Camellia Gardens, home to one of Australia's finest collections of camellias set among winding paths, ponds and lush greenery. We'll begin the day with morning tea at Black Market Coffee in Thirroul, and finish with a delicious lunch at the Caringbah Tradies, offering classic club meals in a fun and friendly setting.

MACQUARIE MATES

Every Monday at BCR Tongarra Centre
9.30am to 12pm

Looking for a fun way to start the week?

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 (plus a \$1 donation for the weekly prize) which includes morning tea.



Physio Pal Exercise Classes

Warrigal, Figtree

Thursday 10am - 11am

BCR Tongarra Centre, Albion Park

Thursday 10am - 11am

North Nowra Community Centre

Thursday 10am - 11am

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



RESPIRE SOCIAL GROUP

Join us at the BCR Tongarra Centre for entertaining social activities. Meet new friends, get creative, have lots of fun, and enjoy a freshly prepared lunch on the day. This group is specifically for people living with dementia. Cost is \$21 and includes lunch and morning tea. Bookings essential, please let us know if transport is difficult for you.

Thursday 9.30am to 2.30pm

5 Feb 12 Feb 19 Feb 26 Feb
5 Mar 12 Mar 19 Mar 26 Mar



CARER SUPPORT GROUP

Thursday, 26 February, 1pm to 2.30pm

Thursday, 26 March, 1pm to 2.30pm

The Carer Support Group will meet once a month for a cuppa and a chat. It will be a safe, relaxed and friendly environment where everybody has the opportunity to share their experiences, discuss challenges and support each other. The meetings will be held at BCR Tongarra, 108a Tongarra Rd, Albion Park. There is no cost and all carers are welcome but please RSVP if you would like to attend.



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.