

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 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.



Thursday, 3 October, 9am to 3pm (\$20)

Music and Tea at the Gallery

Immerse yourself in art and culture as talented violinist Beverly Kwan and pianist Ziv Plinco play music by Beethoven, Vieuxtemps and Delius at the Wollongong Art Gallery. After the concert, we will bring ourselves back down to earth with a leisurely lunch at the Masters Builders Club in Wollongong. The concert is free.



Wednesday, 9 Oct, 9am to 3pm (\$30)

Alexander Reserve and Tulip Trail

Today, we are heading to the Southern Highlands to visit the spectacular Alexander Reserve and hopefully catch a last glimpse of the colourful blooms on the Tulip Trail. We will be stopping for some morning tea treats at the Gumnut Patisserie in Bowral and enjoying lunch together at the Argyle Hotel in Moss Vale.



Wednesday, 16 October, 9am to 3pm

Tongarra Morning Craft Session – 9am to 12pm (\$10)

Tongarra Afternoon Games Session – 12pm to 3pm (\$10)

Come spend the morning, afternoon or whole day at the new BCR Communities Centre on Tongarra Road in Albion Park. Get those creative juices flowing with a morning of craft - we will be designing a wooden succulent planter box and decorating a straw hat. In the afternoon, make friends and have fun over games of cards, Scrabble, bingo and more. Materials and morning and/or afternoon tea are included and lunch will be included if you stay for the whole day (\$20).

MAGICAL DAY TOURS (cont'd)



Thursday, 24 October, 9am to 3pm (\$30)

Jervis Bay Dolphin Cruise

Join us as we cruise through the clear turquoise waters of the Jervis Bay Marine Park and try and spot the more than 100 resident Bottlenose Dolphins who live there.

Often pods of dolphins will swim along with the boat and play near the bow!

We will be starting the day with morning tea at Again & Again Café in Bomaderry, and we will have a picnic lunch on the boat. Cost for the cruise and lunch is \$57.



Wed, 30 October, 9am to 3pm (\$30)

Seacliff Bridge and Royal National Park

Join us for a memorable bus trip to experience the stunning Sea Cliff Bridge and explore the Royal National Park. We will stop at the Boston Brew Co in Stanwell Park for morning tea before we take in the breathtaking views at Wattamolla Falls and immerse ourselves in the beauty of nature. Afterwards, we will enjoy a delicious lunch at the charming Audley Dance Hall Cafe.

WELLNESS CLASSES



Every Thursday at 10am

New Exercise Class at Tongarra Centre

We are excited to start a new Exercise Wellness Class with our friends at Physio Pal in our Tongarra Centre. This class has been designed to improve your strength, balance and mobility, and reduce your risk of falls.

Physio Pal Exercise Classes

Warrigal – 69 O'briens Rd, Figtree

Thursday 10.00am

BCR Tongarra Centre- 108 Tongarra Road, Albion Park

Thursday 10.00am

North Nowra Community Centre – 7 Hood Close, North Nowra

Thursday 10.00am

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

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.