

## 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.



### Wed, 11 December, 9am to 3pm (\$50)

#### Christmas at the BCR Tongarra Centre

Start the Christmas cheer early with friends, food and festive fun at the BCR Tongarra Centre in Albion Park. We'll be making beautiful wreaths to hang at home, crafting our own wooden decorations, and enjoying a delicious lunch together. Whether you are a crafting wiz or all thumbs, we promise you will go home with something special! Cost includes all materials, morning tea and lunch.



### Thurs, 12 Dec, 9pm to 5.30pm (\$20)

#### Dinner and Carols in the Park

We'll start the night with dinner at Wollongong City Diggers, then stroll over to McCabe Park to enjoy some community carols from 7:00 pm to 8:30 pm. Feel free to sing along or just take in the excitement of the kids. We will then finish the night with a scenic drive around town to admire some of the best Christmas lights in Wollongong. Cost is \$20 plus dinner.



### Wednesday, 18 December, 9am to 3pm (\$30)

#### Christmas Table Food Tour

Get ready for Christmas with a fresh food shopping adventure. We will be visiting a variety of farms and fresh food places in the Nowra/Illawarra area. Beginning with morning tea at Gerringong Sea vista Café followed by a trip to Blue Acres Farm and Leisure Coast Food Market before lunch at Woonona-Bulli RSL. We will finish the day at Glenbernie Orchard to buy fresh stone fruit and a variety of honeys and local produce.

## MAGICAL DAY TOURS (cont'd)



**Wed, 15 January, 9am to 3pm (\$30)**

### Stunning Retford Park

We're off to explore the gorgeous gardens of Retford Park in Bowral. Wander through beautifully landscaped grounds, enjoy art installations, and soak in the history of this charming estate. On the way we will be stopping at Robertson Pie Shop (we are taking an esky for those who want to stock up) and lunch will be at Bowral Bowling Club. The cost of entry to Retford Park is \$25, plus cost of food and drinks.



**Wed, 29 January, 9am to 3pm (\$30)**

### A Day of Garden Delights

We'll start with morning tea at the Quarry Café, located in the award-winning Barnett Nursery in Kiama, before heading to the lovely town of Sutton Forest to explore the beautiful, expansive gardens of Red Cow Farm. To end the day, we'll enjoy a relaxing lunch at the Bundanoon Hotel built in 1868. Entry to Red Cow Farm is \$10 plus cost of food and drinks.



**Thurs, 23 January, 9am to 3pm (\$30)**

### Nepean Belle Paddlewheeler Trip

Step back in time on the Nepean Belle, a beautifully restored paddlewheeler! Enjoy a scenic cruise through a breathtaking 50-million-year-old gorge while indulging in Devonshire tea with freshly baked scones. After the cruise, we'll head to a quaint riverside restaurant on the Penrith River. Cruise cost is \$38 which includes morning tea, plus cost of lunch.

## 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

## 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.

To book an activity or find our more, please phone 1300 222 748 or email [info@bcrcommunities.com](mailto:info@bcrcommunities.com)