SOCIAL CONNECT

November/December 2026 - Illawarra

1300 222 748 | 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, 4 November

Pick-up 8am ($22.10 + $27 ticket + meals)

Retford Park Manor and Garden Tour

Step back in time with a guided tour of Retford Park, one of the Southern Highlands' most impressive historic estates. We'll explore the elegant manor house and its beautiful gardens, discovering fascinating stories about the property, its former residents and the art, architecture and treasures found throughout the home. Before our tour, we'll enjoy morning tea at The Rabbit Hole, followed later by lunch at Mittagong RSL.



Wednesday, 11 November

Pick-up – 8am ($22.10 + meals)

Shoalhaven Hobby Nursery Expedition

Calling all garden lovers! Spend the day exploring Shoalhaven Hobby Nursery in Bomaderry, with plenty of time to browse the wonderful selection of plants and perhaps find a new favourite to take home. Whether you're a keen gardener or simply enjoy being surrounded by greenery, there'll be plenty of inspiration to discover. We'll have our morning tea at Punch the Ploughman and head to Bomaderry Bowling Club for lunch and good company.

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 November

Pick-up – 8am ($44.10 + meals)

Shopping Spree at Costco Casula

Get a head start on Christmas with a festive shopping trip to Costco Casula! With everything from gifts and decorations to Christmas treats, entertaining essentials and bulk bargains, there'll be plenty of time to browse the aisles, stock up and perhaps discover a few unexpected finds along the way. Morning tea will be at 20 UR Coffee in Tahmoor, and we will wind down after our shop at Liverpool Catholic Club for lunch.



Wednesday, 25 November

Pick-up - 8am ($33.10 + meals)

Greenwell Point Oyster Farm Experience

Discover one of the Shoalhaven's best-known local industries with a fascinating oyster farm experience at Greenwell Point. Learn more about how oysters are grown and harvested in the pristine waters of the Crookhaven River, meet the people behind the industry and gain an insight into the journey from oyster farm to plate. Morning tea will be at Flour Water Salt Café in South Nowra and we'll enjoy lunch at Greenwell Point Hotel.



Wednesday, 2 December

Pick-up – 8.30am ($33.10 + $28 lunch + morning tea)

Christmas Lunch at Vons Vintage Cafe

Celebrate the festive season with a special Christmas outing to Von's Vintage Café in Pyree. With its quirky vintage charm, country setting and welcoming atmosphere, it's a lovely spot to come together, share a delicious Christmas lunch and enjoy some festive cheer with friends. We'll begin the day with morning tea at Franks Espresso Bar in South Nowra.



Wednesday, 9 December

Pick-up – 8.30am ($33.10 + meals)

Darrell Lea Christmas Stocking Stuffing

Add a little sweetness to your Christmas shopping with a visit to the Darrell Lea Chocolate Shop in Ingleburn. Browse a tempting selection of chocolates, festive favourites and sweet treats, with plenty of ideas for stocking stuffers, gifts for family and friends – or something delicious to keep for yourself! Morning tea will be at Bulli Beach and once our bags are filled with goodies, we'll enjoy lunch at Ingleburn RSL Club.



MACQUARIE MATES

Every Monday at BCR Tongarra Centre 9.30am to 12pm

Last Get-together for the year - Monday 7 December

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.

TUESDAY MIDDAY MINGLE

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

Last Lunch for the year – Tuesday, 8 December

Our 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. Participants are picked up from home, taken to a local café or club for lunch, and then comfortably returned home afterwards. You will be notified of your pick-up time the day before.

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.

RESPITE SOCIAL GROUP

Every Thursday 9.30am to 2.30pm

Last group for the year – Thursday 10 December

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.

Merry Christmas and best wishes from all the team at BCR Communities. Thank you so much for a fantastic year of fun, friendship and adventures.

Stay safe and well over the break – we can't wait to have more adventures with you in 2027!

Magical Day Tours start Wed 27 Jan

Respite Social is back Thursday, 28 Jan

Macquarie Mates is back Monday, 1 Feb

Midday Mingle is back Tuesday, 2 Feb

PHYSIO PAL EXERCISE CLASSES

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