

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, 2 September

Pick-up 8am (\$33.10 + \$12 ticket + meals)

Art, Nature and Inspiration at Bundanon

Enjoy a day of art and beautiful scenery at Bundanon Art Museum. Explore *Man on Fire: Visions of Nebuchadnezzar*, bringing together Arthur Boyd's iconic works with new art by contemporary artist Shaun Gladwell. You'll also have time to explore the gallery and enjoy Bundanon's striking architecture and stunning natural surrounds. We'll start with morning tea at The Deli on Kinghorne, followed by lunch at Postman's Tavern, Nowra.



Wednesday, 9 September

Pick-up – 8am (\$33.10 + meals)

Royal National Park & Bundeena Escape

Take in some of the region's most beautiful scenery as we wind our way through the Royal National Park to the picturesque seaside village of Bundeena. With lush bushland, coastal views and plenty to see along the way, it's a lovely day out with great company. We will stop for morning tea at the Passionate Palate in Kanahooka, and end the day at Bundeena RSL Club for lunch.

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, 16 September

Pick-up – 8am (\$33.10 + \$68 ticket + morning tea)

Shoalhaven River Fish & Chips Cruise

Fish, chips and river views – what more could you want? Come aboard for a relaxing cruise along the beautiful Shoalhaven River, with a tasty fish and chips lunch and unlimited tea and coffee to enjoy as the scenery floats by. Before we set sail, we'll stop for morning tea at a surprise location – you'll have to wait and see where we take you!



Wednesday, 30 September

Pick-up – 8am (\$33.10 + \$12.50 ticket + meals)

Maritime Stories & History in Huskisson

Step into Jervis Bay's fascinating maritime past with a visit to the Jervis Bay Maritime Museum. Explore the historic Lady Denman ferry, discover stories of local shipwrecks, seafaring and life on the water, and wander through exhibitions showcasing the rich history and culture of the Jervis Bay region. We'll start the day with morning tea at The Lane Café in Nowra before heading to the museum, followed by lunch at The Local in Vincentia.



Wednesday, 23 September

Pick-up - 7am (\$44.10 + meals)

A Memorable Day Out in Canberra

Take a journey through Australia's history with a visit to the Australian War Memorial in Canberra. Spend time exploring the moving exhibitions, galleries and displays that share the stories of Australians who have served in war and conflict. On our way to Canberra, we'll stop for morning tea at Moonacres Kitchen in Robertson, and lunch will be at Poppy's Café in the grounds of the War Memorial.



Wednesday, 7 October

Pick-up - 8am (\$22.10 + \$22.50 ticket + meals)

A Walk Among the Treetops

See the region from a whole new perspective at the Illawarra Fly Treetop Walk. Wander high above the rainforest floor along an easy elevated walkway, surrounded by towering trees and spectacular views stretching from the rainforest to the coast. It's a little bit of adventure without a strenuous hike! We'll stop for morning tea at The Gully Gum Café, Knights Hill, before finishing our day with lunch at Robertson Bowling Club.



Wednesday & Thursday, 14-15 October

Pick-up - 9am Albion Park

Sydney Zoo Overnight Stay

Pack your bags – we're off on an overnight adventure to Sydney! We'll enjoy a little shopping and free time along the way, settle into our motel for the evening and head out for dinner together. After a good night's sleep, we'll be ready for the main event – a fun-filled day exploring Sydney Zoo! Two days, one overnight stay and plenty of laughs, good food and fun along the way!



Wednesday, 21 October

Pick-up – 8.00am (\$33.10 + \$40 ticket + meals)

Highland Cows & Country Charm

Get ready to meet some of the Southern Highlands' cutest locals! We're heading to Redleaf Farm at Fitzroy Falls for a special encounter with their gorgeous Highland cows – those shaggy coats and friendly faces are guaranteed to be a highlight. We'll start with morning tea and spectacular views at The Lookout Cambewarra Mountain, and finish with lunch at Maddison's in the Valley.



Wednesday, 28 October

Pick-up – 8am (\$33.10 + ticket (tbc) + meals)

Serenity at Cedar Creek Orchard

Escape to the countryside for a visit to Cedar Creek Orchard in Thirlmere, a family-run orchard surrounded by beautiful rolling hills. We'll explore the orchard, learn a little about life on the farm and enjoy the fresh country air and scenery along the way. We'll stop for morning tea at Moses Barnes Café in Picton before finishing our day with lunch at the historic George IV Inn.

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 \$7.50 (plus a gold coin donation for the weekly prize) which includes morning tea.





TUESDAY MIDDAY MINGLE

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

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. It's all about easy outings, friendly conversation and enjoying a change of scenery close to home. Participants are picked up from home, taken to a local café or club for lunch, and then comfortably returned home afterwards. This small-group outing is ideal for those who would like to stay socially connected, build confidence getting out and about, and enjoy a gentle, stress-free social experience. 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.



RESPIRE SOCIAL GROUP

Every Thursday 9.30am to 2.30pm

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.



PHYSIO PAL EXERCISE CLASSES

Warrigal, Figtree

Thursday 10am – 11am

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