



LUNCH BY THE SEA

If you love great food, beautiful sea views and good conversation, come and join us for Lunch by the Sea. Transport from and back to your home is included. Bookings are essential. **Please note:** venues may change due to unforeseen circumstances. Cost is \$21 plus the cost of morning tea and lunch.

Monday from 9am to 3.00pm

6 April – Public Holiday (Easter Monday)

13 April - Musical Monday Concert

Morning tea & lunch – The Country Club St Georges Basin

20 April

Morning Tea – Heritage Bakery, Milton

Lunch – Dunn Lewis Centre, Ulladulla

27 April – Public Holiday (ANZAC Day)

4 May

Morning Tea – Driftwood Cafe

Lunch – The Star Hotel, Milton

11 May

Morning Tea – Emersons on Main, Ulladulla

Lunch – ExServices Club, Ulladulla

18 May

Morning Tea – Foxys Cafe, Ulladulla

Lunch – Fish and Chips by the sea

25 May

Morning Tea – Civic Centre, Ulladulla

Lunch – Ulladulla Bowling Club

MAGICAL DAY TOURS

It's time to get out of the house and join us for a magical, adventurous bus trip! Bus pick-up and drop-off is at the **Francis Ryan Reserve Car Park, Sanctuary Point**. 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.



Wednesday, 1 April

Pick-up - 9am (\$21 + \$27 ticket + meals)

Morning Melodies – What's New Pussycat

Enjoy a lively morning of music and nostalgia as we head to the Shoalhaven Entertainment Centre for the *Morning Melodies* performance, What's New Pussycat. Featuring well-loved hits and feel-good favourites from the 60s, this upbeat show is sure to have toes tapping and memories flowing. After the show, we will have lunch at the Nowra Bowling Club.



Wednesday, 8 April

Pick-up – 9am (\$21 + \$15 ferry ticket + meals)

Scenic Husky Ferry Ride

Enjoy a scenic coastal outing as we catch the Husky Ferry across the sparkling waters of Jervis Bay to Myola. The ferry trip offers beautiful views and a refreshing sea breeze, making the journey just as enjoyable as the destination. After getting off the Ferry at Myola, we will meet the courtesy bus at the wharf for a comfortable transfer to Callala Bay Club, where we'll have lunch together before catching the Ferry home again.



Wednesday, 15 April

Pick-up – 8.30am (\$21 + \$15 ticket + meals)

Fantastic Fun at Jamberoo Action Park

Who says Jamberoo is just for the young? We guarantee that there will be plenty of laughs when we head to Seniors Day at Jamberoo Action Park. Bring your swimmers and join in the fun, take on the rides, chill out down the Rapid River, or just watch your friends and soak up the sights and sounds of the park. A ticket is just \$15 if you are over 60! We will cool down from all the excitement over a relaxing lunch at the historic Jamberoo Pub.

Wednesday, 22 April

Pick-up – 9.00am (\$21 + meals)

Op Shopping Day

Get ready for a day of bargains, surprises, and delicious food! We'll kick things off with a morning tea somewhere delicious, then it's time for our op shopping spree! We'll explore local op shops on a mission to uncover hidden gems, quirky finds, and vintage treasures. Our day wraps up with a lunch in Ulladulla.



Wednesday 29 April

Pick-up – 8.30am (\$31.50 + \$38 ticket + lunch)

Bee Farm Tour & Bowral Country Charm

Explore the sweet world of bees and honey with a charming day out to the Bowral Honey Farm. This fascinating experience offers a closer look at the life of the hive, how honey is produced, and the essential role bees play in our environment - with the added bonus of tasting delicious local honey. After our visit, we'll head to Mittagong RSL lunch together. The ticket price includes the tour and morning tea.



Wednesday, 6 May

Pick-up - 9am (\$21 + lunch)

A BCR Mother's Day Fashion Parade

Enjoy a wonderful morning of fashion, fun and community connection at the BCR Youth and Community Centre in Sanctuary Point. Students from Vincentia High will model outfits styled from the brand new BCR 2nd Chance Op Shop. After morning tea and a browse through the shop, we will have a lunch together at the St Georges Basin Country Club.

Wednesday 13 May

Pick-up – 8.30am (\$31.50+ meals)

Minnamurra Rainforest Walk

Immerse yourself in the cool, tranquil beauty of the Minnamurra Rainforest, where lush greenery, gentle walking paths and the soothing sounds of nature create the perfect setting for a relaxing day out. After our rainforest visit, we will travel to the Kiama Bowling Club for a relaxed lunch and a wander the iconic coastal town.



Wednesday, 20 May

Pick-up - 9am (\$31.50 + lunch)

Braidwood & Monga National Park

Leave the everyday behind and enjoy a scenic drive into the Southern Tablelands, where rolling countryside gives way to the cool, forested beauty of Monga National Park. We'll begin with a pleasant morning tea stop in the historic town of Braidwood before continuing on to Monga National Park to enjoy the scenic lookout and surrounds. Lunch will be at the quirky Nerriga Pub.

CARER SUPPORT GROUP

The Carer Support Group meets once a month for a cuppa and a chat. It is a relaxed and friendly environment where everybody has the opportunity to share their experiences, discuss challenges and support others. The meetings are held at the BCR Wellness Centre, 130 Macleans Point Rd, Sanctuary Point. There is no cost and all carers are welcome but please RSVP if you are coming so we can cater for you.

Thursday 1.30pm to 3.00pm

16 April 21 May



Wednesday 27 May

Pick-up – 8.30am (\$31.50 + meals)

Spectacular Bald Hill and Sea Cliff Bridge

Take in some of the most breathtaking coastal scenery the Illawarra has to offer as we journey north to Bald Hill Lookout and the spectacular Sea Cliff Bridge. With sweeping ocean views, dramatic cliffs and the chance to simply sit back and enjoy the ride, this scenic drive is a wonderful way to experience the beauty of our coastline. We will enjoy lunch right by the ocean at The Thirroul Beach Pavilion.

DAY RESPIRE SOCIAL GROUP

Come along to the BCR Wellness Centre for engaging social activities designed just for you! Connect with new friends, get creative, have fun, and enjoy a freshly prepared lunch. This group is tailored 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. Cost for transport if you need it is \$1.50 for each way.

Tuesday 9.30am to 2.30pm

7 Apr 14 Apr 21 Apr 28 Apr

5 May 12 May 19 May 26 May



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.

FRIDAY SOCIAL CONNECTION

Fridays 10am to 2pm – centre-based
(\$21 with no transport. If you need transport, it will cost \$1.50 each way.)

Join us at the BCR Communities Wellness Centre in Sanctuary Point for lots of fun and interesting activities. As part of the Friday Group you will enjoy a range of activities like art and craft, trivia, live music and games as well as good conversation and social connection. Our lovely volunteers also prepare morning tea, lunch and a delicious dessert.

10 Apr 17 Apr 24 Apr

1 May 8 May 15 May 22 May 29 May

*Please note 3 April is a public holiday

On the last Friday of the month, we have lunch out together. We will enjoy activities and a morning tea in the centre before heading out to a local café or restaurant. Cost is \$30 which includes morning tea, transport and lunch.

.....EXPRESSIONS OF INTEREST.....

Getaway and Sydney Zoo: 14-15 October

Enjoy a relaxed overnight getaway with great company and a fun wildlife experience. We'll have some time Westfield shopping before our 2pm check-in, there'll be time to relax or swim, followed by dinner at a local tavern. The next morning includes a buffet breakfast before spending the day at the zoo. Transport, accommodation and supports provided. Costs and details confirmed once numbers are known. Please register your interest.



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.

BCR WELLNESS PROGRAMS

All wellness classes are instructed by professionals and have been designed to increase your strength, improve your balance and mobility, and reduce your risk of falls.

Jervis Bay Physiotherapy Exercise Classes Sanctuary Point Clinic at 2/200 Kerry Street,

Tuesday 2pm - 3pm
(Low Level Strength and Conditioning)

Tuesday 3pm - 4pm
(High Level Strength and Conditioning)

Tuesday 4pm - 5pm
(Low Level Strength and Conditioning)

Thursday 8.30am - 9.30am
(Low Level Balance Class)

Thursday 9.30am - 10.30am
(High Level Balance Class)

Thursday 10.30am - 11.30am
(Parkinsons Disease Exercise Class)

Thursday 3pm - 4pm
(Low Level Strength and Conditioning)

Limited places are available. Please contact physiotherapist Rebekah on 0417 681 328 for enquiries.

K. Yoga Chair Exercise Classes Burrill Lake Community Hall

.....NEW TIMETABLE.....

Monday 8.00am - 9.00am
(Yin Yang)

Monday 9.10am - 10.10am
(Chair Exercise/Yoga)

Thursday 8.30am - 9.30am
(Stretch, Strength and Balance)

Thursday 9.40am - 11.40am
(Chair Exercise/Yoga)

For more information or to book a class of chair yoga please call Kerri on 0467 685 219 or email kerriandkyoga@gmail.com

Physio Pal Exercise Classes North Nowra Community Centre

Thursday 10.00am - 11.00am

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