

## NEW SOCIAL CALENDAR JUST FOR NOWRA!

We now have a new social calendar just for our BCR clients living in Nowra with a pick-up at Bridge Road Carpark in Nowra. 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 travelled for the day.



### Wednesday, 6 August

Pick-up - 8am Nowra (\$30 + meals)

#### Botanic Garden Buggy Discovery Tour

We will begin with morning tea at Connie's Café on Cliff Road, before heading to the Wollongong Botanic Gardens for a guided buggy tour through the stunning grounds- just sit back and enjoy the ride as we explore lush landscapes, native plants, and beautiful blooms. Lunch will be at The Bathers Pavilion Bistro which combines delicious food with historic architecture.



### Thursday, 14 August

Pick-up – 9.45 Nowra (\$20 + meals)

#### Beautiful Berry

Spend a lovely day soaking up the charm of Berry and enjoying good company, great food, and a little retail therapy. We'll start with morning tea at the Garden Café, before taking a leisurely wander through Berry's boutique shops - think homewares, fashion, handmade gifts, and all those little treasures you didn't know you needed. To finish, we'll head to Postman's Tavern in Nowra for a relaxed and hearty lunch.



### Wednesday, 20 August

Pick-up 9 am Nowra (\$20 + meals)

#### Reconnect with Nature

What better way to start a day soaking up the natural beauty of the South Coast than with morning tea at the Hyams Beach Café - just steps away from some of the whitest sand in the world. From there, we'll explore the stunning Booderee National Park, home to peaceful bushwalks, native wildlife, and breathtaking views. Take a deep breath, stretch your legs, and reconnect with nature. We'll enjoy lunch at the friendly Husky RSL





**Thursday, 28 August,**  
Pick-up – 9am Nowra (\$20 + meals)

### Treats and Treasures

Treat yourself to a day exploring the charm of Pyree and the coastal beauty of Greenwell Point. We'll begin by browsing the much-loved Pyree antique shop at the historic Jindyandy Mill. The Mill is also home to an old-fashioned lolly shop stocked with sweets, fudge, and treats from around the world. We will then take a scenic drive to Greenwell Point for a delicious seafood lunch at Pelican Rocks Café, known for its fresh local oysters, and beautiful water views.



**Thursday, 4 Sept,**  
Pick-up – 9.45am Nowra (\$21 + meals)

### Garden Ramble and Spring Inspiration

Get inspired for spring with a day full of fresh air, plants, and good food! We'll start with morning tea at Coffee on the Double Decker in Tomerong - a fun and quirky spot to enjoy a cuppa. From there, we'll meander down the coast, stopping at a few lovely garden centres along the way. It's the perfect chance to gather ideas (and maybe a plant or two!) for your spring planting plans. We'll end the day with lunch at the Ulladulla Ex-Services Club.



**Thus, 11 Sept, (\$31.50 + \$10 ticket + meals)**  
Pick-up - 9am Nowra

### Up Close Dingo Encounter

We will start the day with morning tea in picturesque Kangaroo Valley. Next, we'll head to the Bargo Dingo Sanctuary for a fascinating encounter with Australia's native wild dogs - one of the oldest dog breeds in the world! An extra \$10 will give you a thrilling up-close encounter. At the sanctuary, you'll learn about their vital role in the ecosystem and efforts to protect them. We'll finish our adventure with lunch at Bargo Sports Club.



**Thursday, 18 Sept,**  
Pick-up - 9.45am Nowra (\$21 + meals)

### Nan Tien Temple Cultural Tour

Explore Nan Tien Temple, the largest Buddhist temple in the Southern Hemisphere. Learn about Buddhism's history, meditation practices, and experience the peaceful architecture and gardens. A perfect opportunity for reflection and calm. This tour will involve walking and some steps! Morning tea will be at the Yallah Woolshed and we will enjoy lunch together at Wests Illawarra Leagues Club.





## Wednesday, 24 September

Pick-up Nowra - 9am (\$31.50 + meals)

### Delicious Wine and Dining Experience

Sip, savour, and soak up the scenery on this indulgent day out in the Southern Highlands. We'll start with a relaxed morning tea at the elegant Centennial Vineyards in Bowral, followed by an optional boutique wine tasting (\$15 for five wines) at PepperGreen Estate in historic Berrima. To top off the day, we'll enjoy a delicious lunch and more fine drops at Cherry Tree Hill Wines in Sutton Forest. A perfect day for lovers of good food, great wine, and beautiful views!

## WELLNESS CLASS

### 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.

**Please Note:** prices listed for all social activities are for clients with the Commonwealth Home Support Program (CHSP). Clients with a Home Care Package will need to speak to their Care Manager about the cost of activities.

**Cancellations:** 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.



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