



## LUNCH BY THE SEA (South)

If you love great food, beautiful sea views and good conversation, come and join us for Lunch by the Sea. Every Monday we visit a different seaside café or restaurant while enjoying the scenic drive and stopping off at attractions along the way. Please note that venues may change due to the weather. Cost is \$15 plus the cost of lunch.

### Monday from 9am to 3.00pm

#### 4 December

Morning Tea – Driftwood Café, Milton  
Lunch – Exservices Club, Ulladulla

#### 11 December

Morning Tea – picnic by the sea  
Lunch – Dunn Lewis Centre for a delicious home cooked Christmas Lunch

#### 15 January

Morning Tea – Foxy's Cafe, Ulladulla  
Lunch – Ulladulla Bowling Club

#### 22 January

Morning Tea – Civic Centre, Ulladulla  
Lunch – The Wharf Cafe, Ulladulla

#### 29 January

Morning Tea – Emerson on Main  
Lunch – The Beach Hut, Mollymook

## 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**. If we are travelling north for the day we can arrange a northern pick-up/drop-off point for clients. If we are travelling south for the day we can arrange a southern pick-up/drop-off point for clients if required (PLEASE NOTE: this is by arrangement only).

Bookings are essential as numbers may be limited so you must book at least 1 week prior to the date of the tour. Cost will be shown with each outing as price may differ depending on distance traveled for the tour.



### Tuesday, 5 December, 9am to 3pm

#### The Vallies – Celebrate Christmas

This Christmas don't miss the best concert in the Shoalhaven. The Vallies are the newest and most talked about vocal group in Australia. Performing the hits of Frankie Valli and the Four Seasons, the sounds of Motown, Memphis and the Bee Gees, the band is bringing their stunning Christmas show to town just for you! I only have ONE TICKET left!! Cost = \$20 + \$23.00 (cost of show ticket) + your food and drinks.



## MAGICAL DAY TOURS (cont'd)



**Tuesday, 12 Dec, 8.30am to 2.30pm**

**Red Cow Farm - a garden for all seasons**

This special tour has been rescheduled from last month! Red Cow Farm is a unique cool climate garden set on 2.5 hectares in the picturesque rural village of Sutton Forest. The simplicity of its presentation disguises a garden of sophisticated structure and ambitious schemes. You'll be enchanted and surprised by such wonders as a walled sanctuary where solitude invites quiet reflection. Cost = \$30 + \$10 (garden entry fee) + your food and drinks.



**Tuesday, 16 January, 9am to 3pm**

**NEW YEAR Movie Day!**

Next Goal Wins, directed by Academy Award Winner Taika Waititi (Jojo Rabbit, Thor: Ragnarok), follows the American Samoa soccer team, infamous for their brutal 31-0 FIFA loss in 2001. With the World Cup Qualifiers approaching, the team hires down-on-his-luck, maverick coach Thomas Rongen (Michael Fassbender) hoping he will turn the world's worst soccer team around. It's a heartfelt underdog comedy. Cost = \$20 + your movie ticket + your food & drinks.

## MAGICAL DAY TOURS (cont'd)

**Tuesday, 23 January, 9am to 3pm**

**Jamberoo Lookout**

Let's explore our stunning region with a visit to Jamberoo Lookout. We will enjoy spectacular scenic views of Kiama and Lake Illawarra from the lookout in beautiful Budderoo National Park. On clear days, this lookout is fantastic for photography. Couple this with morning tea, lunch and wonderful conversation and laughs with friends and what more could you ask for? Cost = \$30 + your food & drinks.



**Tuesday, 30 January, 9am - 3pm**

**Booderee Picnic Day**

Today we are off to Hyams Beach for morning tea at the Cooked Goose Café. After we fill up on coffee/tea/sweets, we will travel the short distance to Booderee National Park. Let's explore the beautiful Botanic Gardens, enjoy a picnic lunch (today it's bring your own) and walk around the stunning lake. It will be a lovely day! Cost = \$20 + your food and drinks.





## FRIDAY SOCIAL CONNECTION

**Friday 10am to 2pm – centre-based  
(\$20 with transport included to and  
from home, \$17 no transport)**

1 Dec 8 Dec 15 Dec 19 Jan

Join us at the BCR Communities Wellness Centre 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 and games as well as good conversation, social connection and a freshly prepared morning tea and lunch. It's a great day out!



### Morning Melodies

1 Dec

Today we will be going to the Country Club St Georges Basin for Christmas Morning Melodies with Jade Hurley. Join us for what promises to be a morning of fun, laughter and singing the classics! The cost is \$30 which includes your ticket, morning tea and lunch.



### Christmas Lunch

15 Dec

For our last Friday Group of 2023 we will be having a lovely home cooked Christmas lunch with all the trimmings and we will be entertained by the always fabulous Rick and Co.

## HEALTH & WELL-BEING

### WELLNESS CLASSES

These 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 Classes at 21 Meriton Street, St Georges Basin

Tuesday	3.00pm	Strength
Tuesday	4.00pm	Knee Osteoarthritis
Tuesday	4.45pm	Hip Osteoarthritis
Thursday	8.00am	Low level balance
Thursday	8.45am	High level balance
Thursday	9.30am	Parkinsons group

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

#### K. Yoga Chair Exercise at Burrill Lake Community Hall

Tuesday	8.30am
Thursday	11.30am

#### K. Yoga Chair Exercise at Ulladulla District Resources Centre

Tuesday	1.30pm
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For more information or to book a class of chair yoga please call Kerri on 0467685219 or email [kerriandkyoga@gmail.com](mailto:kerriandkyoga@gmail.com)

#### Physio Pal Exercise Class North Nowra Community Centre

Thursday	10.00am
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For more information or to book a class please call Physio Pal on 42023874





## ZEN AFTERNOONS

Chair Yoga, Chair Tai Chi, Chair Cardio/ Strength Exercises for Seniors, Meditation – all you need for that important body, mind and spirit connection. Do this each week or only on the dates that suit you. You must book at least one week prior to the date of attendance.

**Wednesday 1.30pm to 3.00pm (cost \$6)**

130 Macleans Pt Road, Sanctuary Point

6 Dec 13 Dec 17 Jan 24 Jan 31 Jan



## 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 now being held at Paradise Cottage, 16 Sanctuary Point Road. There is no cost and all carers are welcome.

**Thursday 21 December – 1pm to 3pm**

**Thursday 18 January – 1pm to 3pm**

## DEMENTIA SPECIFIC

### PARADISE SOCIAL

Join us at the Paradise Cottage for entertaining and social activities. Meet new friends, get creative, have lots of fun and enjoy lunch on the day. This group is specifically for people living with dementia. Cost is \$20 and includes lunch and morning tea. Bookings essential and own transport is required.

**Monday 9.30am to 2.30pm**

4 Dec 11 Dec 18 Dec 15 Jan 22 Jan 29 Jan

**Wednesday 10.00am to 2.00pm**

13 Dec 24 Jan



### PARADISE COTTAGE RESPITE

While caring for someone you love is rewarding, it can also sometimes feel overwhelming and isolating, which is why it is so important to look after your own health and wellbeing by taking a break.

To find out more about Paradise Cottage or book a stay, please call 1300 222 748 or email [info@bcrcommunities.com](mailto:info@bcrcommunities.com).

**Respite dates for November:**

12-15 Dec 23 - 26 Jan (only 3 days 2 nights as it is public holiday on the 26<sup>th</sup>)

**Please Note:** prices listed for 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.