

November 2024 North Shoalhaven & Wollongong 1300 222 748 | [BCRcommunities.com](https://www.bcrcommunities.com)

MAGICAL DAY TOURS

It's time to get out of the house and join us for a magical, adventurous bus trip!

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 traveled for the day. There are different pick-up and drop-off locations for each tour - our social connect team will discuss the best option for you at the time of booking.



Thursday, 7 November, 9am to 3pm (\$20)

Music and Tea at the Wollongong Art Gallery

Hear the music of Liszt, Beethoven, Brahms, Schubert & Schumann in a spellbinding performance by talented young musicians playing the piano, flute and clarinet. After the concert, we will have lunch at Chinese restaurant, Chef's Choice. The concert and morning tea is free.



Wednesday, 13 Nov, 9am to 3pm (\$30)

Berrima Museum & Court House Tour

Join us for a day filled with history, delicious food and scenic views as we explore the charming town of Berrima! Morning tea will be at Mama's Country Kitchen in Robertson before we visit Berrima Museum and take a tour of the historic Berrima Court House. We will then enjoy lunch together at the Courtyard Café in Berrima.



Wednesday, 20 November, 9am to 3pm

Tongarra Morning Art Session – 9am to 12pm (\$10)

Tongarra Afternoon Games Session – 12pm to 3pm (\$10)

Everyone is welcome to the newly opened BCR Communities Centre on Tongarra Road in Albion Park for a day of creativity and fun. Everyone can be an artist with our morning paint-by-numbers session. In the afternoon, mingle with others and enjoy games of cards, Scrabble, bingo, and more. Materials, morning and afternoon tea are provided. Stay for the whole day and enjoy a delicious lunch for just \$20.

MAGICAL DAY TOURS (cont'd)



Friday, 22 November, 9am to 3pm (\$20)

Exploring Kangaroo Valley and Berry

Join us as we explore stunning Kangaroo Valley and enjoy some retail therapy in Berry! We will fuel up for the day with morning tea at KV Coffee, before visiting the Kangaroo Valley Museum to learn more about the history and culture of the area. We will then take some time to browse the shops of Berry for some unique Christmas gifts before heading to The Berry Hotel to sample the famous lunch specials!



Wed, 27 November, 9am to 3pm (\$30)

Beautiful Belgenny Farm

Today we are travelling to Camden to visit beautiful Belgenny Farm which boasts the earliest collection of colonial farm buildings in the country. For morning tea we will stop at the Wild Gum Café in Appin before heading to Camden to tour the farm built by John and Elizabeth Macarthur in 1805. It is only fitting that we finish a day learning Australian history with lunch at the Plough and Harrow, the oldest pub in Camden!

WELLNESS CLASSES

Every Thursday - 10am to 11am

Exercise Class at BCR Tongarra Centre

This class, facilitated by Physio Pal has been designed to improve your strength, balance and mobility, and reduce your risk of falls.



Getting to the new BCR Tongarra Centre 108A Tongarra Road, Albion Park

To access the Centre, turn down Halket Lane from Tongarra Road and follow to the right where you will see ample free parking. We are opposite the Albion Park Show Ground in the former HACC

Physio Pal Exercise Classes

Warrigal, Figtree

Thursday 10am – 11am

BCR Tongarra Centre, Albion Park

Thursday 10am – 11am

North Nowra Community Centre

Thursday 10am – 11am

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

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.

To book an activity or find out more, please phone 1300 222 748 or email info@bcrcommunities.com