



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

1 June

Morning tea – Heritage Bakery, Milton
Lunch – The Marlin Hotel, Ulladulla

8 June – Public Holiday (King’s Birthday)

15 June

Morning Tea – Civic Centre, Ulladulla
Lunch – Beach Hut, Mollymook

22 June

Morning Tea – Salt & Spencer, Mollymook
Lunch – Breakers Café, Mollymook

29 June

Morning Tea – Emersons on Main, Ulladulla
Lunch – ExServices Club, Ulladulla

6 July – Musical Monday Concert

Morning tea and lunch - The Country Club, (\$18 if transport not required).

13 July

Morning Tea – Foxy’s Cafe, Ulladulla
Lunch – Ulladulla Palace Chinese Restaurant

20 July

Morning Tea – Heritage Bakery, Milton
Lunch – Ulladulla Bowling Club

27 July

Morning Tea – Emersons on Main, Ulladulla
Lunch – ExServices Club, Ulladulla

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, 10 June

Pick-up - 8am (\$42 + \$70 ticket + meals)

The Lion King – Capitol Theatre in Sydney

Experience the magic of Disney’s world-famous The Lion King as we head to the Capitol Theatre in Sydney for this unforgettable live stage spectacular. From breathtaking costumes and incredible puppetry to the much-loved music and powerful storytelling, this award-winning musical brings the African savannah to life.



Wednesday, 17 June

Pick-up – 9am (\$31.50 + \$20 ticket + meals)

A Day of Calm at the Farm

Enjoy a truly unique day out at Calm the Farm, a relaxing experience designed to help people enjoy the simple joy of being around animals and nature. Visitors actually engage with the farm animals in their own spaces rather than treating them as attractions. Spend time with horses, goats, ponies, chickens and more in a calm natural setting. Morning tea is included as part of the experience and lunch will be at the Shellharbour Workers Club.



Wednesday 1 July

Pick-up – 9am (\$31.50 + meals)

Kiama Market Day Out

Spend the day soaking up the lively atmosphere at the Kiama Farmers' Market, where local growers, makers and bakers come together to showcase the best of the region. Wander through the stalls at your own pace, enjoy the fresh coastal air and discover everything from fresh produce to handmade treats and unique finds. Afterwards, we'll head to Kiama Bowling Club for a delicious lunch and a chance to relax together.



Wednesday, 24 June

Pick-up – 9am (\$31.50 + meals)

Seafood Fresh from the Coast

Seafood lovers won't want to miss this delicious South Coast day out as we head to Batemans Bay for a special seafood shopping experience. Browse the region's fresh local seafood and pick up some tasty treats to take home, so don't forget to bring an esky bag to keep your seafood fresh on the journey back. We'll also enjoy a relaxed lunch at the charming Steam Packet Hotel, a beautiful riverside country pub full of character.

Wednesday, 8 July

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

Garden Lovers Day 'Out

Calling all garden lovers! Join us for a fun garden centre mystery tour as we head south in search of beautiful plants, garden inspiration and hidden gems. Along the way, we'll stop for a relaxed morning tea at Bewong Roadhouse before finishing the day with a hearty lunch at Ulladulla Ex Servos Club.

Wednesday 15 July

Pick-up – 9am (\$31.50 + \$10 ticket + meals)

A Berry Sweet Day

Treat yourself to a sweet day out with a tour of The Treat Factory in Berry, which boasts a four-generation heritage of crafting gourmet condiments, old-fashioned confectionery, and decadent chocolates. After the tour, we will take in the charm of Berry before heading to Gerringong Bowling Club for lunch and a chance to chat and relax!



Wednesday, 22 July

Pick-up – 9am (\$21 + \$28 ticket for lunch + morning tea)

Christmas in July Food and Fun!

What better way to beat the winter blues than with some festive Christmas in July fun and feasting! We'll begin with morning tea at Peckish on the Park in Nowra, before heading to Vons Vintage Café in Pyree - the perfect, homey location for a traditional Christmas-style lunch. You might want to wear your stretchiest pants for this one – there will be a lot of eating!

Wednesday, 29 July

Pick-up – 9am (\$21 + meals)

Discover why Greenwell Point is famous for some of the freshest seafood on the South Coast as we enjoy a special seafood experience at Wild Jim's Oysters. Learn more about the local oyster industry, take in the relaxed waterfront atmosphere and enjoy the opportunity to purchase fresh seafood along the way. Afterwards, we'll settle in for lunch at Pelican Rocks Seafood Restaurant.

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

18 June 16 July



Saturday 25 July

Pick-up – 8am (\$31.50 + meals) free entry

Willinga Park Dressage Experience

Experience the elegance and excitement of dressage at the stunning Willinga Park, one of Australia's most impressive equestrian venues. Watch skilled riders and beautifully trained horses compete in a picturesque setting surrounded by nature and coastal scenery. Along the way, we'll stop for a relaxed morning tea at Kioloa Beach Café.

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

2 Jun 9 Jun 16 Jun 23 Jun 30 Jun

7 Jul 14 Jul 21 Jul 28 Jul



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.

5 Jun 12 Jun 19 Jun 26 Jun

3 Jul 10 Jul 17 Jul 24 Jul 31 Jul

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.