

December/January 25/26 – South Shoalhaven

1300 222 748 | BCRcommunities.com



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 December (\$10 ticket + lunch)

Musical Monday Christmas Special

St Georges Basin Country Club

\$10 ticket includes morning tea

Lunch at the Club after the show.

*cost of this activity is \$21 if transport is needed and \$17.50 if you make your own way to and from the Club.

8 December

Morning Tea – Breakers Café, Mollymook

Lunch – Mollymook Golf Club

15 December

Morning Tea – Emersons on Main, Ulladulla

Lunch – Chrissy Lunch celebration at the Dunn Lewis Centre for last Lunch by the Sea of the year!

19 January

Morning Tea – Emersons on Main, Ulladulla

Lunch – Ex Services Club, Ulladulla

26 January – Public Holiday

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 as price may differ depending on the distance traveled for the day.



Tuesday, 2 December

Pick-up – 9.00am (\$21 + \$25 ticket + meals)

JD Smith Christmas Show

Let's start the festive season with a lovely morning out! We're heading to the Shoalhaven Entertainment Centre to see JD Smith (you might know him from The Ten Tenors) perform a selection of well-loved Christmas songs. Morning tea is included from 10am, then the show begins at 11am. After the show, we'll head to the Postman's Tavern in Nowra for a relaxed lunch together.



Wednesday, 10 December

Pick-up - 9am (\$21 + \$35 meal)

Christmas Buffet at Vons Vintage Cafe

Celebrate the festive season in charming country style with a relaxed Christmas Buffet Lunch at Von's Vintage Café in Pyree. This much-loved café is known for its cosy atmosphere, homestyle cooking and lovely heritage feel - the perfect backdrop for a joyful end-of-year gathering. For \$35 per person, enjoy the buffet along with unlimited tea and coffee. Expect all the comforting favourites of a traditional Christmas meal, shared in good company and a warm, welcoming space.



Thursday, 11 December, 9am to 3pm

Pick-up – 8.30am (\$31.50 + meals)

Christmas Shopping Day

Get those last-minute Chrissy gifts with a Shopping Day at Shellharbour Stockland! With a wide variety of stores, Stocklands has everything from gift shops to fashion, homewares, and specialty stores to help you find that perfect present. We will take a break to enjoy morning tea and lunch at one of the many cafés or eateries in the Centre.



Wednesday, 21 January

Pick-up – 9.00am (\$31.50 + meals)

South Coast Wanderings

A change of scenery is always good for the soul. We'll start our day with morning tea in Ulladulla, then make our way to the colourful and quirky Mogo Village, known for its galleries, gift shops and friendly small-town charm. There's always something interesting to discover in Mogo - from handmade jewellery and local art to sweet treats and little treasures to take home. We'll finish the day with a relaxed lunch overlooking the water at the Batemans Bay Soldiers Club. A calm, coastal outing with good company and plenty to enjoy.

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.

Thursday 1.30pm to 3.30pm

No support group December
22 January – first group for 2026

First Time with BCR Social Connect?

If this is your first time joining an activity, please let the BCR team know when you RSVP. One of our friendly Lifestyle Activities Coordinators will give you a call beforehand to chat through the details, make sure the activity is right for you, and discuss how we can best support you.



FRIDAY SOCIAL CONNECTION

Fridays 10am to 2pm – centre-based
 (\$20.90 with transport included to and from home, \$17.90 no transport)

Friday, 5 December

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.

Friday, 12 December – last for 2025

Let's wrap up the year with an enjoyable Christmas get-together! We will enjoy some fun entertainment, a few lucky door prizes, and a delicious Christmas lunch with all the trimmings. It's a lovely chance to sit back, share a meal, have a laugh, and celebrate the year we've had together. A relaxed and festive way to finish the term with friends.

Friday, 23 January – first for 2026

We're back for the new year! Friday Group returns on 23 January and we're looking forward to catching up, hearing everyone's holiday stories, and easing back in with a relaxed, friendly morning together. Come along, reconnect, and help us set a lovely tone for the year ahead. It will be great to see familiar faces again.



DAY RESPITE 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.

Tuesday 9.30am to 2.30pm

2 Dec 9 Dec 16 Dec – last for 2025

13 Jan 20 Jan 27 Jan



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, please let us know at least two business days before your activity to avoid a cancellation fee. Cancellations made with less notice may incur a fee, in line with our aged care service policy.

BE KIND TO YOURSELF

The festive season can be a joyful time, but for many older people, it can also bring feelings of loneliness, stress, or sadness.

Some may find themselves reflecting on loved ones who are no longer with them, or facing the challenge of being far from family and friends. It's important to remember that you are not alone, and there is always support available.

Christmas can be a busy and overwhelming time, but prioritising your mental well-being is crucial. Here are a few simple ways to help yourself, or someone you care about, during this time:

- **Stay connected:** Reach out to friends, family, or neighbours. Even a simple phone call can brighten your day and theirs.
- **Join local events:** Community activities and gatherings can provide opportunities to meet others and feel a sense of belonging.
- **Create new traditions:** If old traditions feel too painful, try something new. A stroll through a local park, volunteering, or starting an art or craft project can help bring a feeling of positivity.
- **Be kind to yourself:** It's okay to take time for rest or say 'no' to activities that feel overwhelming.

If you find this time of year particularly challenging, there are professional services ready to help. Reaching out can make a world of difference:

- **Lifeline:** 13 11 14 – Support available 24/7.
- **Beyond Blue:** 1300 22 4636 – Offering counselling, advice and assistance 24/7.
- **MensLine:** 1300 78 99 78 – A 24/7 counselling service for men seeking support.
- **Open Arms -Veteran Family and Counselling:** 1800 011 046 – Supporting veterans and their families 24/7.

Merry Christmas from all the team at BCR Communities. Thank you for a fantastic year of fun, friendship and connection. Stay safe and well over the break – we can't wait to have more adventures with you in 2026!

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,

Finishes 18 Dec and starts again 27 Jan

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.