

April/May 2026 - Illawarra

1300 222 748 | 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. Pick-up location is the: BCR Tongarra Centre – 108a Tongarra Road, Albion Park



Wednesday, 1 April

Pick-up 8.30am Albion Park (\$31.50 + meals)

Darrell Lea Easter Treats Day

Get ready for a delightful day out filled with sweet treats, great company and a touch of Easter fun as we visit the famous Darrell Lea Chocolate Factory. This outing is the perfect chance to browse delicious chocolates and pick up Easter goodies for family and friends. Along the way, we'll enjoy a delicious morning tea at Smiths Lane Dairy in Wongawilli before heading to Darrell Lea. Afterwards, we'll sit down together for a friendly lunch at Ingleburn RSL Club.



Wednesday, 8 April

Pick-up – 8am Albion Park (\$21 + meals)

Discover Australia's Naval Aviation Story

Take a step back in time and explore Australia's rich naval aviation history with a visit to the Fleet Air Arm Museum in Nowra. Discover fascinating aircraft displays, historic artefacts and stories from Australia's naval air service, with plenty to see both indoors and out. We'll begin the day with morning tea at Frank's Espresso Bar before heading to the museum to explore the exhibits at a relaxed pace. Afterwards, we'll enjoy a friendly lunch together at Nowra Ex-Services Club.

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.



Wednesday, 15 April

Pick-up - 9.30am (\$21 + \$15 ticket + meals)

Fantastic Fun at Jamberoo Action Park

Who says Jamberoo is just for the young? We guarantee that there will be plenty of laughs when we head to Seniors Day at Jamberoo Action Park. Bring your swimmers and join in the fun, take on the rides, chill out down the Rapid River, or just watch your friends and soak up the sights and sounds of the park. A ticket is just \$15 if you are over 60! We will cool down from all the excitement over a relaxing lunch at the historic Jamberoo Pub.



Wednesday, 29 April

Pick-up - 9am (\$21 + \$5 ticket + meals)

Stunning Rhododendron Garden

Discover a hidden gem as we visit the Illawarra Rhododendron and Rainforest Garden. Set beneath the escarpment, the Illawarra Rhododendron and Rainforest Garden is 13 hectares of vibrant seasonal blooms, peaceful rainforest and scenic bushwalks. Keep an eye out for native wildlife including echidnas, water dragons and rare birdlife. We will stop for morning tea at the Passionate Palate in Kanahooka and lunch at The Fraternity Club.



Wednesday, 22 April

Pick-up - 8am Albion Park
(\$31.50 + \$20 for picnic + morning tea)

A Scenic Shoalhaven Escape

Today is a refreshing escape into nature as we explore the peaceful surrounds of Porters Creek Dam and take in the stunning views from Pointer Gap Lookout. This relaxing day out offers fresh country air and plenty of opportunities to unwind while enjoying the beauty of the local landscape. Morning tea will be at Remos Bakery before heading to the dam where we will enjoy a supplied outdoor picnic together.



Wednesday, 6 May

Pick-up - 8am Albion Park (\$31.50 + meals)

A BCR Mother's Day Fashion Parade

Enjoy a wonderful morning of fashion, fun and community connection at the BCR Youth and Community Centre in Sanctuary Point. Students from Vincentia High will model outfits styled from the brand new BCR 2nd Chance Op Shop. After morning tea and a browse through the shop, we will have a lunch together at the St Georges Basin Country Club.



Wednesday, 13 May

Pick-up - 8am Albion Park (\$31.50 +meals)

Discover History in the Rocks

Step back in time as we explore the fascinating Rocks Discovery Museum in the heart of Sydney's historic harbour precinct. Through engaging displays and stories from the past, the museum brings to life the area's Aboriginal heritage, early colonial history and the people who shaped one of Australia's most iconic neighbourhoods. We will stop for morning tea along the way and have lunch at the historic Orient Hotel soaking up the atmosphere of the Rocks!



Wednesday, 20 May

Pick-up - 8.00am Albion Park (\$31.50 + meals)

Beautiful Ulladulla Wildflower Reserve

Step into the natural beauty of the South Coast as we visit the Ulladulla Wildflower Reserve. This tranquil bushland setting is home to seasonal native blooms, peaceful walking paths and an abundance of birdlife, making it a perfect place to slow down, breathe deeply and enjoy time in nature. We'll stop for morning tea at Bendalong Store and Café and afterwards, we'll head to Ulladulla Bowling Club for a leisurely lunch together.



Wednesday, 27 May

Pick-up - 8.30am Albion Park (\$31.50 +meals)

Coastal Views at Kamay Botany Bay

Experience the natural beauty and rich history of Kamay Botany Bay National Park, where sparkling coastal views, peaceful walking paths and significant heritage sites come together. Set on the shores of the bay, this special place offers a relaxing day out with fresh sea air and scenic surroundings to enjoy at an easy pace. We'll begin the day with morning tea at Sunrise Nursery and have lunch at the Kurnell Sports and Recreation Club

MACQUARIE MATES

Every Monday at BCR Tongarra Centre
9.30am to 12pm

Looking for a fun way to start the week?

Join us for Macquarie Mates - a relaxed morning of games, laughter and good company. Whether you're into cards, board games or just a friendly chat, there's always a seat at the table for you. Come along, make new friends, and start your week with a smile! The cost is \$7 (plus a \$1 donation for the weekly prize) which includes morning tea.





****NEW GROUP****

TUESDAY MIDDAY MINGLE

Pick-up between 11am-12pm (\$21 + meal)

Our new Tuesday Midday Mingle group has been designed especially for people who would like to get out of the house but may find longer bus trips a little too much. It's all about easy outings, friendly conversation and enjoying a change of scenery close to home. Participants are picked up from home, taken to a local café or club for lunch, and then comfortably returned home afterwards. This small-group outing is ideal for those who would like to stay socially connected, build confidence getting out and about, and enjoy a gentle, stress-free social experience. You will be notified of your pick-up time the day before.

CARER SUPPORT GROUP

Thursday, 30 April, 1pm to 2.30pm

Thursday, 28 May, 1pm to 2.30pm

The Carer Support Group will meet once a month for a cuppa and a chat. It will be a safe, relaxed and friendly environment where everybody has the opportunity to share their experiences, discuss challenges and support each other. **The meetings will be held at BCR Tongarra, 108a Tongarra Rd, Albion Park.** There is no cost and all carers are welcome but please RSVP if you would like to attend.



RESPIRE SOCIAL GROUP

Join us at the BCR Tongarra Centre for entertaining social activities. Meet new friends, get creative, have lots of fun, and enjoy a freshly prepared lunch on the day. **This group is specifically 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.

Thursday 9.30am to 2.30pm

2 Apr 9 Apr 16 Apr 23 Apr 30 Apr

7 May 14 May 21 May 28 May

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.

\$7 with a referral code

\$15 private fee or \$130 for 10 sessions

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.