

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 locations are:

BCR Tongarra Centre – 108a Tongarra Road, Albion Park

Bridge Road Carpark in Nowra



Wed, 4 June (\$30 + meals)

(Pick-up 8am Albion Park, 9am Nowra)

Wine & Chocolate – the Perfect Match

We will begin our day with morning tea at the beautiful Mollymook Golf Club, before visiting the Wood Stock Chocolate Company to indulge in some sweet treats. Afterwards, enjoy a relaxed stroll through the charming historic main street of Milton. We'll then head to the picturesque Cupitt's Winery for a delicious lunch and the chance to enjoy a wine tasting.



Wed, 11 June

Pick-up - 8am Nowra (\$30 + \$15 ticket + meals)

Pick-up - 9am Albion P (\$20 + \$15 ticket + meals)

Magical Marina and a Look at Motor Life

Start the day with morning tea at The Quarry Nursery in Kiama, where you'll also have time to browse their stunning range of plants and giftware. Then, step back in time with a visit to the Motorlife Museum at Kembla Grange. We will then head to Shellharbour Marina, where you can choose from a variety of restaurants and enjoy the scenic views of the yachts in the harbour.



Wed, 18 June (\$30 + \$13 bowling + meals)

(Pick-up 8am Albion Park, 9am Nowra)

Bowling Fun in Stunning Lake Conjola

We'll kick off the day with morning tea at Café Rene before heading to Lake Conjola to test our lawn bowling skills! With some friendly instructors on hand, it's sure to be a fun (and maybe a little competitive) morning. Afterwards, we'll enjoy a relaxed lunch at the Lake Conjola Bowling Club, followed by a scenic drive to take in the beautiful views and local lookouts.

MAGICAL DAY TOURS (cont'd)



Wed, 25 June

Pick-up - 8am Nowra (\$30 + \$25 ticket + meals)

Pick-up - 9am Albion P (\$20 + \$25 ticket + meals)

Behind-the-Scenes Tour at HARS Museum

Join us for a special behind-the-scenes tour of the HARS Aviation Museum, led by our very own BCR team member, Noel. As a volunteer at this incredible museum, Noel will share his insider knowledge and give us exclusive access to some fascinating exhibits. We'll enjoy morning tea at the famous Yallah Woolshed, and after the museum, we'll head to The Mill at Dapto Leagues Club for lunch.



Wed, 2 July (\$30 + \$27.50 ticket + meals)

Pick-up - 8am Nowra, 9am Albion Park)

Fascinating Regenerative Farm Tour

We'll begin the day with morning tea at Hearth by Moonacres before heading to Mussett Holdings farm for a wonderful hands-on experience. You'll learn about the farm's sustainable practices, taste raw honeys, stroll through the chemical-free gardens, label and pack fresh eggs, discover how mushrooms are grown, and meet the friendly chickens, goats, Jersey cows, and Maremma dogs. Afterwards, we'll enjoy a delicious lunch at Bangkok House Home and Garden Restaurant.



Wed, 9 July (\$30 + money for meals)

Pick-up 8am Nowra, 9am Albion Park

Delicious Darrell Lea Factory Tour

Step into a Willy Wonka-style world of pure imagination as we head off on a sweet adventure! We'll start the day with morning tea at the historic Menangle Store, soaking up a little country charm before making our way to the Chocolate Factory. Here, you'll have the chance to see how some of your favourite treats are made and, of course, pick up a few goodies to take home. After our chocolate-filled fun, we'll enjoy a hearty lunch at the Appin Hotel.



Wed, 16 July

Pick-up - 8am Nowra (\$30 + meals)

Pick-up - 9am Albion Park (\$20 + meals)

The Breathtaking Views Tour

Today we will start with morning tea at the Illawarra yacht club and with uninterrupted views of the Lake. We will then take the scenic beach drive to Sandon Point to take a look at this world-famous surfing spot before heading to Panorama House for Lunch with breathtaking views over Wollongong and its bridges. After lunch we will head back along the coast from Stanwell Park, across the Sea Cliff Bridge and all the beaches in between.



Wed, 23 July (\$20 includes lunch)

Pick-up Nowra 9.30am (\$30 + \$20 for lunch)

A Magical Christmas in July at Tongarra

Are you ready to deck the halls - it's time to dust off your Christmas shirt, pop on your Santa hat, and join us for a day of festive fun! We'll have Christmas-themed games, creative Christmas card making, and plenty of Yuletide cheer to go around. Keep an eye out, Santa himself may be making a special appearance! And of course, no celebration is complete without a feast so come hungry and enjoy a fabulous Christmas meal!



Wed, 30 July

Pick-up - 8am Nowra (\$30 + meals)

Pick-up - 9am Albion Park (\$20 + meals)

WIN Television Studio Tour

Ever wondered what goes on behind the scenes of your favourite TV and radio shows? Step into the world of cameras, sound booths, and studio lights as we explore the magic of media - you might even catch a glimpse of yourself on screen or bump into a local celebrity! We'll start the day with morning tea at the Plant Room Café, proudly staffed by young people with disabilities. Then it's lights, camera, action, before we head to Lo Stretto in Port Kembla for a delicious Italian lunch.

FREE WORKSHOPS

Friday 27 June, 10.30am to 1pm

10 Things to Know Before You Go Workshop

When it comes to getting our affairs in order, the amount of information out there can feel overwhelming, and knowing where to start isn't always easy.

This engaging and accessible workshop cuts through the confusion, bringing everything you need to know together in one place. You'll explore practical steps for end-of-life planning, hear real-life stories that inspire, and maybe even share a few laughs along the way.

Whether you're planning for yourself or helping a loved one, this workshop will give you the tools and confidence to start important conversations and make informed decisions.

Workshop Outcomes:

- Greater confidence in talking about planning, dying and death
- A clear understanding of the key components of end-of-life planning
- Inspiration and connection through real-life stories shared by facilitators and participants

BCR Albion Park Tongarra Centre

Date: Friday, 27 June

Time: 10:30am - 1pm

Location: 108a Tongarra Rd, Albion Park

To register email jcaton@coordinare.org.au or phone BCR on 1300 222 748

A light lunch will be provided

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.



CARER SUPPORT GROUP

Thursday, 26 June, 1pm to 3pm

Thursday, 31 July, 1pm to 3pm

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.



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 \$20 and includes lunch and morning tea. Bookings essential, please let us know if transport is difficult for you.

Thursday 9.30am to 2.30pm

5 June 12 June 19 June 26 June
3 July 10 July 17 July 24 July 31 July

TONGARRA MONDAY SESSIONS

**Every Monday at BCR Tongarra Centre
9am to 12pm (morning tea provided)**

2 June: Paint n Sip (\$15 - materials)

Come along and have a sparkling apple juice and savory treats whilst trying your hand at completing a painting.

16 June: Information Session (\$6)

Learn how to protect yourself from trips and falls with our friends from Physio Pal.

23 June: Bingo Morning (\$6)

Have a fun morning playing Bingo with friends - lots of prizes to be won.

30 June: Flower Arranging (\$15 - materials)

Ever thought you might like flower arranging? Come along and make a dried bouquet to take home.

7 July: Beaded Jewellery (\$15 – materials)

Create your own unique accessories in this hands-on beaded jewellery session.

14 July: Information Session (\$6)

Join us for an engaging session with a nutritionist who will share practical tips on eating well and staying healthy as we age.

21 July: Fun Trivia Morning (\$6)

Test your knowledge and have a laugh at our fun and friendly trivia session.

28 July: Scrap Booking (\$15 – materials)

Get creative and capture your memories at our relaxed scrapbooking morning—no experience needed.

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.