SOCIAL CONNECT

November/December 2026 – 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 $22.10 plus the cost of morning tea and lunch.

Monday from 9am to 3.00pm

2 November – Musical Monday
Morning tea and lunch - The Country Club

9 November
Morning Tea – Civic Centre, Ulladulla
Lunch – Ulladulla Palace (Asian cuisine)

16 November
Morning Tea – Breakers Cafe, Ulladulla
Lunch – The Golf Club, Mollymook

23 November
Morning Tea – Heritage Bakery, Milton
Lunch – The Beach Hut, Mollymook

30 November
Morning Tea – Oceanvibe Cafe, Ulladulla
Lunch – Fisherman's Wharf Seafood Cafe

7 December
Annual Christmas Lunch at the Dunn Lewis Centre, Ulladulla (2-course lunch - $28)

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

Last Lunch by the Sea for 2026

MAGICAL DAY TOURS

It's time to get out of the house and join us for an exciting, adventurous social activity! 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. **Please note: fees are inclusive of all costs to BCR, and prices may be subject to change.**





Wednesday, 4 November
Pick-up – 9am ($22.10 + $5 ticket + meals)

Kangaroo Valley Pioneer Museum

Journey into the past with a visit to the Kangaroo Valley Pioneer Museum, where historic buildings, fascinating displays and everyday objects tell the stories of the pioneering families who shaped the Kangaroo Valley region. Set within beautiful grounds, the museum offers an interesting glimpse into what life was like for early settlers. We'll begin with morning tea at Kangaroo Valley Café then make our way to Cambewarra Mountain Lookout for lunch, taking in the spectacular views.



Wednesday, 11 November
Pick-up - 9am ($22.10 + meals)

Explore Beautiful Booderee National Park

Spend the day discovering the natural beauty of Booderee National Park, home to spectacular beaches, crystal-clear water, native bushland and an abundance of wildlife. We'll explore some of the park's most scenic spots, with stops along the way to take in the views and enjoy this very special part of Jervis Bay. We'll begin with morning tea at Hyams Beach Store & Cafe before heading into Booderee. After our morning of exploring, we'll make our way to Huskisson for lunch.



Wednesday, 18 November
Pick-up – 9am ($33.10 + meals)

Pre-Chrissy Shopping Trip to Shellharbour

Get those last-minute gifts sorted with a pre-Christmas shopping trip to Stockland Shellharbour. With a huge range of stores all under one roof, there'll be plenty of time to browse for presents, pick up festive essentials or simply enjoy a little Christmas shopping for yourself. Morning tea and lunch will be at your own pace in the centre's food court, with plenty of choices to suit all tastes.



Wednesday, 25 November
Pick-up – 8.30am ($22.10 + meals)

Greenwell Point Oyster Farm Experience

Discover the world of oyster farming with a visit to Wild Jim's Oyster Service at Greenwell Point, joining our Tongarra group for a special day out. Learn how local oysters are grown and harvested in the waters of the Shoalhaven, hear about the work that goes into producing them and get a closer look at one of the region's iconic local industries. We'll begin with morning tea at Peckish on the Park in Nowra before our oyster experience and afterwards, we'll enjoy lunch together at Greenwell Point Hotel.



Wednesday 2 December
Pick-up – 9.00am ($22.10 + $28 lunch + morning tea)

Christmas Lunch at Vons Vintage Cafe

Celebrate the festive season with a special Christmas outing to Von's Vintage Café in Pyree. With its quirky vintage charm, country setting and welcoming atmosphere, it's a lovely spot to come together, share a delicious Christmas lunch and enjoy some festive cheer with friends. We'll begin the day with morning tea at Franks Espresso Bar in South Nowra.



Tuesday 8 December
Pick-up – 9am ($22.10 + $27 ticket + meals)

The Spirit of Christmas Show

Get into the festive spirit with The Spirit of Christmas at the Shoalhaven Entertainment Centre. Enjoy a wonderful celebration of Christmas filled with music, entertainment and festive favourites – the perfect way to share some Christmas cheer and enjoy a special outing together. Following the show, we'll head to Postman's Tavern for lunch and a chance to continue the festivities over lunch.

Merry Christmas and best wishes from all the team at BCR Communities. Thank you so much for a fantastic year of fun, friendship and adventures.

Stay safe and well over the break – we can't wait to have more adventures with you in 2027!

Lunch by the Sea starts Mon, 18 Jan

Magical Day Tours start Wed, 20 Jan

Respite Social is back Tuesday, 19 Jan

Friday Social Connection is back 22 Jan



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 $22.10 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 $1.60 each way.

Tuesday 9.30am to 2.30pm

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
($22.10 with no transport. If you need transport, it will cost $1.60 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.

6 Nov 12 Nov 19 Nov 26 Nov

4 Dec 11 Dec – last session for 2026 and group Christmas Party!

On the last Friday of November, we will 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 $33.10 which includes morning tea, transport and lunch.



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

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.