

SOCIAL ACTIVITIES



LUNCH BY THE SEA

If you love great food, beautiful sea views and good conversation, come and join us for Lunch by the Sea. Every Monday we visit a different seaside café or restaurant while enjoying the scenic drive and stopping off at attractions along the way. Please note that venues may change due to the weather. Cost is \$15 plus the cost of lunch.

Monday from 9am to 2.30pm

6 November

Morning Tea – Burrill Lake Cafe
Lunch – The Beach Hut, Mollymook

13 November

Morning Tea – Breakers Café, Mollymook
Lunch – Ulladulla Bowling Club

20 November

Morning Tea – Akora Café, Ulladulla
Lunch – Mollymook Golf Club

27 November

Morning Tea – The Terrace Cafe
Lunch – Dunn Lewis Centre, 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. If we are travelling north for the day we can arrange a northern pick-up/drop-off point for clients. If we are travelling south for the day we can arrange a southern pick-up/drop-off point for clients if required (PLEASE NOTE: this is by arrangement only). Bookings are essential as numbers may be limited so you **must book at least 1 week prior** to the date of the tour. Cost will be shown with each outing as price may differ depending on distance traveled for the tour.



Tuesday, 7 November, 9am to 3pm

Red Cow Farm - a garden for all seasons

Red Cow Farm is a unique cool climate garden set on 2.5 hectares in the picturesque rural village of Sutton Forest. The simplicity of its presentation disguises a garden of sophisticated structure and ambitious schemes. You'll be enchanted and surprised by such wonders as a walled sanctuary where solitude invites quiet reflection. Cost = \$30 + \$10 (garden entry fee) + your food and drinks.

MAGICAL DAY TOURS (cont'd)



Tuesday, 14 November, 9am to 3pm

Exploring Swan Lake, Cudmirrah & Berrara

As part of our “discover our beautiful coastal villages” tours, this month sees us head to the scenic area of Swan Lake and visit the villages of Cudmirrah and Berrara. A scenic drive, morning tea & lunch, great company and fun times! What more could you ask for? Cost = \$20 + your food & drinks.



Saturday, 18 November, 9am to 3pm

Eurobodalla Regional Botanic Gardens

Come and explore the beautiful Eurobodalla Regional Botanic Gardens during Pollinator Week. Marvel at our stunning native plants, enjoy the gardens and get up close and personal to our native pollinators with a captivating display of photos. Cost = \$30 + your food & drinks. *(please note: we need a minimum of 6 people for this Magical Day Tour to go ahead).*



MAGICAL DAY TOURS (cont'd)

Tuesday, 28 November, 9am to 3pm

Movie Day - Napoleon

Napoleon is a spectacle-filled action epic that details the checkered rise and fall of the iconic French Emperor Napoleon Bonaparte, played by Oscar-winner Joaquin Phoenix. Directed by Ridley Scott, the film captures Bonaparte's journey to power through the prism of his addictive, volatile relationship with his one true love, Josephine. Cost = \$20 + cost of movie ticket + your food and drinks.



ONE FOR THE BLOKES

Thursday, 23 November, 9am - 3pm

RAN Fleet Air Arm Museum

The LAST ONE for this year! In September we needed to cancel this outing so...we will try once again to head over to the RAN Fleet Air Arm Museum to explore one of the largest regional aviation museums in NSW, telling the story of Australian Naval Aviation and the development of the Royal Australian Navy's Fleet Air Arm. Bookings essential. Pick-up and Drop-off is the Francis Ryan Reserve Car Park, Sanctuary Point. Cost = \$20 + \$10 Museum Entry + your food and drinks.



BCR'S MONTHLY BIG DAY OUT

Thurs, 30 November, 8.30am to 4:30pm

Christmas Shopping in Shellharbour

Don't get stressed with last minute Christmas shopping - Let's get it done! "I'm making a list, I'm checking it twice. I'm going to find out who's naughty or nice. Santa Clause is coming to town!" Make sure you have your list, i.e. your Christmas Shopping list, all sorted and let's go spend some money. Cost = \$40 + your food and drinks + whatever you want to spend on Christmas presents!



FRIDAY SOCIAL CONNECTION

Friday 10am to 2pm – centre-based (\$20 with transport included to and from home, \$17 no transport)

3 Nov 10 Nov 17 Nov 24 Nov

We are back at the BCR Communities Wellness Centre this month with lots of fun and interesting activities planned. As part of the Friday Group you will enjoy a range of activities like art and craft, trivia and games as well as good conversation, social connection and a freshly prepared morning tea and lunch. It's a great day out!



HEALTH & WELL-BEING

WELLNESS CLASSES

These 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 Classes at 21 Meriton Street, St Georges Basin

Tuesday	3.00pm	Strength
Tuesday	4.00pm	Knee Osteoarthritis
Tuesday	4.45pm	Hip Osteoarthritis
Thursday	8.00am	Low level balance
Thursday	8.45am	High level balance
Thursday	9.30am	Parkinsons group

Limited places are available. Please contact physiotherapist Rebekah on 0417 681 328 for enquiries.

K. Yoga Chair Exercise at Burrill Lake Community Hall

Tuesday	8.30am
Thursday	11.30am

K. Yoga Chair Exercise at Ulladulla District Resources Centre

Tuesday	1.30pm
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For more information or to book a class of chair yoga please call Kerri on 0467685219 or email kerriandkyoga@gmail.com

Physio Pal Exercise Class North Nowra Community Centre

Thursday	10.00am
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For more information or to book a class please call Physio Pal on 42023874

HEALTH SEMINAR

Every month BCR Communities holds a free health information seminar on a different topic.

This month we will be talking about respiratory disease and the role of exercise in its prevention and management.

The seminar will be held at 21 Meriton Street, St Georges Basin. Please contact BCR Communities to book your place.

Tuesday, 21 November, 2.30pm – 4pm



ZEN AFTERNOONS

Chair Yoga, Chair Tai Chi, Meditation and now Chair Cardio/Strength Exercises for Seniors – all you need for that important body, mind and spirit connection. Do this each week or only on the dates that suit you. You must book at least one week prior to the date of attendance.

Wednesday 1.30pm to 3.00pm (cost \$6)

130 Macleans Pt Road, Sanctuary Point

1 Nov 8 Nov 15 Nov 22 Nov 29 Nov



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 now being held at Paradise Cottage, 16 Sanctuary Point Road. There is no cost and all carers are welcome.

Thursday 23 November – 1pm to 3pm

DEMENTIA SPECIFIC

PARADISE SOCIAL

Join us at the Paradise Cottage for entertaining and social activities. Meet new friends, get creative, have lots of fun and enjoy lunch on the day. This group is specifically for people living with dementia. Cost is \$20 and includes lunch and morning tea. Bookings essential and own transport is required.

Monday 9.30am to 2.30pm

6 Nov 13 Nov 20 Nov 27 Nov

Wednesday 10.00am to 2.00pm

15 Nov 29 Nov



PARADISE COTTAGE RESPITE

While caring for someone you love is rewarding, it can also sometimes feel overwhelming and isolating, which is why it is so important to look after your own health and wellbeing by taking a break.

To find out more about Paradise Cottage or book a stay, please call 1300 222 748 or email info@bcrcommunities.com.

Respite dates for November:

14-17 Nov 28 Nov – 1 Dec

Please Note: prices listed for 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.