

June/July 2026 - Illawarra

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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, 3 June

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

Fire & Flavours: A Day Out in Penrith

Step back in time and explore the fascinating Museum of Fire, home to one of the largest collections of fire service memorabilia in the country. From vintage fire engines to hands-on displays, there's plenty to see and discover. We will stop at Teas and Greens Café in Wilton on the way for a relaxed morning tea surrounded by beautiful gardens, before finishing the day with a delicious lunch at Nepean Rowers Club.



Wednesday, 10 June

Pick-up – 8am (\$31.50 + \$5 ticket + meals)

Kangaroo Valley Village Pioneer Museum

Spend the day soaking up the local history at the Kangaroo Valley Pioneer Museum, where charming heritage buildings and fascinating displays bring the past to life. Before exploring, we'll enjoy morning tea at Hampden Deli Dining and School, known for its fresh, locally inspired treats. After the museum, we will escape the winter chill at the Kangaroo Valley Hotel for a lunch in a warm and cosy setting.

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, 17 June

Pick-up – 8.30am (\$31.50 + \$20 ticket + meals)

All Aboard for the Tramway Museum

Climb aboard for a nostalgic day out at the Sydney Tramway Museum in Loftus, where beautifully restored trams and interactive displays bring a piece of history to life. On the way to the museum we will stop in gorgeous Coledale for morning tea at the very atmospheric Earth Walker & Co, and we will finish our day with lunch at Club Lawson.



Wednesday, 24 June

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

Sips, Scenery and a Great Day Out

Experience a real South Coast treat as we start with a morning tea at Café Rene in South Nowra, the perfect spot to ease into the day. Then it's off to the stunning Cupitt's Estate, nestled just outside Ulladulla, where rolling green hills meet sweeping coastal views. Enjoy a lovely lunch in this beautiful setting surrounded by rows of grape vines. There will be plenty of time to soak up the scenery, take a wander and enjoy the crisp country air.



Wednesday, 1 July

Pick-up – 8.30am (\$31.50+ meals)

A Stroll on the Historic Como Bridge

Start the day with morning tea at Sea Foam Café in Thirroul, a lovely beachside spot to enjoy something warm. We will then make our way to the historic Como Bridge, a charming heritage bridge spanning the Georges River, for a gentle walk with lovely views and plenty of fresh air. After building up our appetite, we'll settle in for a delicious lunch at the iconic Como Heritage Hotel.



Wednesday, 8 July

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

Classic Aussie Country Pub Experience

Enjoy a relaxed start to the day with morning tea at Flour Water Salt Café, a local favourite known for its great coffee and fresh, tasty treats. From there, we'll take a scenic drive out to the iconic Nerriga Hotel, a true Aussie country pub full of character. Settle in for a hearty lunch, soak up the laid-back atmosphere and enjoy the great company.



Wednesday, 15 July

Pick-up - 9am Albion Park (\$21 +meals)

Come Fly Away at HARS

Discover something truly unique at the HARS Aviation Museum, home to an impressive collection of historic aircraft, including Qantas planes and aviation icons from years gone by. Before our visit, we'll enjoy morning tea at Yallah Woolshed, a charming spot for a chat and a catch up. We'll then explore the museum before finishing the day with lunch at Wests Illawarra Leagues Club.



Wednesday, 29 July

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

Burradoo Park Regenerative Farm

Discover something a little different with a visit to Burradoo Park Regenerative Farm, a unique space dedicated to regenerative farming, where the focus is on restoring the land, supporting biodiversity and working in harmony with nature. Along the way, we'll stop for a morning tea at Moonacres Kitchen in Robertson, well known for its fresh, locally sourced produce, and will finish with lunch at Station Coffee House in Mittagong.



Wednesday, 22 July

Pick-up – 8.00am Albion Park (\$31.50 + \$28 ticket for lunch + morning tea)

Christmas in July Food and Fun!

What better way to beat the winter blues than with some festive Christmas in July fun and feasting! We'll begin with a delicious treat or two from The Dairy Bar in Berry, before heading to Vons Vintage Café in Pyree - the perfect, homey location for a traditional Christmas-style lunch. You might want to wear your stretchiest pants for this one – there will be a lot of eating!

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 gold coin 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.

.....EXPRESSIONS OF INTEREST.....

Getaway and Sydney Zoo: 14-15 October

Enjoy a relaxed overnight getaway with great company and a fun wildlife experience. We'll have some time Westfield shopping before our 2pm check-in, there'll be time to relax or swim, followed by dinner at a local tavern. The next morning includes a buffet breakfast before spending the day at the zoo. Transport, accommodation and supports provided. Costs and details confirmed once numbers are known. Please register your interest.



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.

Every Thursday 9.30am to 2.30pm

CARER SUPPORT GROUP

Thursday, 25 June, 1pm to 2.30pm

Thursday, 30 July, 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.

PHYSIO PAL EXERCISE CLASSES

Warrigal, Figtree

Thursday 10am – 11am

BCR Tongarra Centre, Albion Park

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