

May 2024 – 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. Every Monday we visit a different seaside café or restaurant while enjoying the scenic drive and stopping off at attractions along the way. Transport from and back to your home is included. Bookings are essential. **Please note:** venues may change due to unforeseen circumstances. Cost is \$15 plus the cost of morning tea and lunch.

Monday from 9am to 3.00pm

6 May

Morning Tea – Heritage Bakery, Milton
Lunch – Star Hotel Milton

13 May

Morning Tea – Oceanvibe Café, Ulladulla
Lunch – ExServos Club, Ulladulla

20 May

Morning Tea – Breakers Café, Mollymook
Lunch – Dunn & Lewis Centre, Ulladulla

27 May

Morning Tea – Civic Centre, Ulladulla
Lunch – Fisherman's Wharf Seafood, 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**.

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 as price may differ depending on the distance traveled for the day.



Tuesday, 7 May, 9am to 3pm

Shoalhaven Native Botanic Garden

The Shoalhaven Heads Native Botanic Garden is a fantastic example of a community coming together to create something special. The garden is entirely the work of a team of dedicated volunteers and features over 200 Australian natives including rare, endangered and bush tucker plants.

After exploring the tranquil walking paths, we will be enjoying a leisurely lunch at the nearby Shoalhaven Heads Hotel. Cost is \$30 plus your food and drinks.

MAGICAL DAY TOURS (cont'd)



Tuesday, 21 May, 9.30am to 4pm

Platinum Duo Concert

Warm up your vocal chords because with over 400 songs on their playlist covering artists from the 60s, 70s and 80s, it is guaranteed that the talented Platinum Duo will have you singing along to a tune you love.

Relive the dances and discos of your youth with songs from The Beatles, ABBA, Bee Gees, Neil Diamond, Beach Boys, The Eagles, Fleetwood Mac and so many more!

The show is at the Illawarra Yacht Club which is situated on the foreshore of Lake Illawarra and has stunning 180 degree views. The concert ticket price also includes a main meal and a dessert. The cost for the Magical Day Tour is \$30 and the concert and lunch is \$35, so it will be \$65 for the day.

FRIDAY SOCIAL CONNECTION

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

Join us at the BCR Communities Wellness Centre 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.



3 May – Intergenerational Program

We are so excited to recommence our popular Intergenerational Program with the gorgeous kids from The Basin Preschool. Be prepared for lots of games, art & craft activities, songs and cute chatter. There may even be some new kids to meet!



10 May – Live Entertainment

Talented local guitarist and singer, Brian Foden will be coming to the centre to entertain us with a classic sing-along.

17 May – Cyber Security Presentation

With scammers getting more and more sophisticated, this is a presentation not to be missed. Bendigo Branch Manager, Anthony van Breugel, will be talking to the group about cyber security and how we can protect ourselves and our savings.

24 May – Centre-based Activities

31 May - Monthly Friday Outing

For May's monthly outing we will enjoy activities and morning tea in the centre before heading out to Huskisson Bowling Club for lunch. Cost is \$25 which includes morning tea, transport and lunch.



ZEN AFTERNOONS

Chair Yoga, Chair Tai Chi, Chair Cardio/ Strength Exercises for Seniors, Meditation – 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 May 8 May 15 May 22 May 29 May



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

Thursday 23 May – 1pm to 3pm

HEALTH SEMINAR

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

This month Gabby from Jervis Bay Physiotherapy will be speaking about diabetes and how exercise and keeping healthy can help in the management of the condition.

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

Tuesday, 21 May, 2.30pm – 4.00pm

DEMENTIA SPECIFIC

DAY COTTAGE RESPITE

Join us at the Day 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 May 13 May 20 May 27 May



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.

TIMETABLE

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 Exercise Classes

21 Meriton Street, St Georges Basin

Tuesday 3.00pm Maintenance Group Class

Tuesday 4.00pm Maintenance Group Class

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

Burrill Lake Community Hall

Wednesday 8.00am (Slow, Flow and Hold)

Wednesday 9.20am (Chair Exercise/Yoga)

Thursday 9.00am (Stretch, Strength and Balance)

Thursday 10.20am (Chair Exercise/Yoga)

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

Warrigal Figtree – 69 O'Brien's Rd

Thursday 10.00am

For more information or to book a class please call Physio Pal on 42023874.