

April 2024

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 shopping destinations or attractions along the way. Transport from and back to your home is included. Bookings are essential. Please note that venues may change due to unforeseen circumstances. Cost is \$15 plus the cost of morning tea and lunch.

Monday from 9am to 3.00pm

8 April

Morning Tea – Emersons on Main, Ulladulla
Lunch – Thai Flavours, Mollymook

15 April

Morning Tea – Mollymook Golf Club
Lunch – Picnic Lunch by the Sea

22 April

Morning Tea – Burrill Lake Cafe
Lunch – ExServices Club, Ulladulla

29 April

Morning Tea – Driftwood Café, Milton
Lunch – The Marlin Hotel, 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, 9 April, 9am to 3pm

Lake Illawarra Art Trail

The artworks along this beautiful walking trail around Lake Illawarra were created by local artists in collaboration with the community in response to the lake, its history and its people.

Artworks like 'Long Distance' (pictured) by artist Carla Gottgens which depicts the annual journey of humpback whales on their migratory path along our coastline. After a leisurely stroll along the Art Trail we will enjoy lunch at nearby Windang Bowling Club. Cost is \$30 plus your food and drinks.

MAGICAL DAY TOURS (cont'd)



Tuesday, 23 April, 9am to 3pm

Wollongong Botanic Garden

Let's immerse ourselves in the beauty of nature at the Wollongong Botanic Garden (rated #1 on Trip Advisor by travellers of things to do in Wollongong!), explore amazing open spaces, learn about conservation and sustainable living, or just relax and take in the nature.

The Garden is also home to a range of native wildlife including Bower Birds, Ring Tail Possums, Kookaburras, native bees, and more. Take a stroll through one of the largest rainforest collections in Australia, featuring a range of Illawarra rainforest species.

After wandering through the stunning 30 hectares of Botanic Garden, we will be travelling to Shellharbour for lunch at the Salty Crab at the new Shellcove Marina. Cost is \$30 plus your food and drinks.



BRING A FRIEND

Why not make any activity even more fun by bringing along a friend! For only \$10 extra, you can bring a friend even if they are not a BCR Communities or My Aged Care client.

FRIDAY SOCIAL CONNECTION

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

5 April - centre-based

12 April - centre-based

19 April - centre-based

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, social connection and a freshly prepared morning tea and lunch. It's a great day out!



Friday 26 April, 10am to 2pm

Monthly Friday Outing

For April's monthly outing we will enjoy activities and morning tea in the centre before heading out to beautiful St Georges Basin for a delicious lunch at the Pelican Waterfront Café. Cost is \$30 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

3 April 10 April 17 April 24 April



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 11 April – 1pm to 3pm

HEALTH SEMINAR

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

This month Bek from Jervis Bay Physiotherapy will be talking about the painful condition osteoarthritis, and how building up muscle around joints will help to ease pain and stiffness.

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

Tuesday, 30 April, 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

8 April 15 April 22 April 29 April

(Monday 1 April is a public holiday so there will be no Day Cottage Respite)



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.