



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 \$21 plus the cost of morning tea and lunch.

Monday from 9am to 3.00pm

2 February – Musical Monday Concert

Morning tea & lunch – The Country Club St Georges Basin

9 February

Morning Tea – Heritage Bakery, Milton
Lunch – What's Up Bowl, Milton

16 February

Morning Tea – Breakers Café, Mollymook
Lunch – Mollymook Golf Club

23 February

Morning Tea – Emersons on Main, Ulladulla
Lunch – A picnic by the sea

2 March

Morning Tea – Ulladulla Civic Centre
Lunch – Ex Services Club, Ulladulla

9 March

Morning Tea – Salt & Spencer, Mollymook
Lunch – Marlin Hotel, Ulladulla

16 March

Morning Tea – Breakers Café, Mollymook
Lunch – The Palace Chinese Restaurant

23 March

Morning Tea – Emersons on Main, Ulladulla
Lunch – Dunn Lewis Centre, Ulladulla

23 March

Morning Tea – Foxys Cafe, Ulladulla
Lunch – Civic 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**. 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.



Wednesday, 4 February

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

Meroo Head Lookout & Bawley Point

Pack your camera and get ready for big views as we head to Meroo Head Lookout, a rugged coastal lookout known for its dramatic headlands and sweeping ocean panoramas. We'll have morning tea along the way and wrap up the day, unwinding with a lovely lunch together.



Wednesday, 11 February

Pick-up – 9am (\$21 + \$27 ticket + meals)

JUDY – The Judy Garland Story

Step into the golden age of Hollywood with The Judy Garland Show, a joyful tribute celebrating the life, music and unforgettable spirit of one of the world's most beloved entertainers. From iconic songs like Over the Rainbow to stories from her extraordinary career, this uplifting performance at the Nowra Entertainment Centre is full of nostalgia, heart and wonderful performances. After the show, we'll head to Worrigeer Sports Club for a relaxed lunch.



Wednesday, 25 February

Pick-up – 9am (\$31.50 + \$65 ticket + meals)

Scenic Clyde River Lunch Cruise

Sit back, relax and take in the stunning scenery on a three-hour lunch cruise along the beautiful Clyde River. Cruising in style, the beautifully appointed vessel offers a calm and comfortable setting, perfect for enjoying the ever-changing waterway views. Indulge in The Boatshed's famous fish and chips, with complimentary tea and coffee included.



Wednesday, 4 March

Pick-up – 9.00am (\$21 + \$15 + meals)

Wine Tasting at Cupitt's Estate

Soak up the flavours of the South Coast with a day designed for good conversation, great food and beautiful views. We'll begin with wine tasting at Cupitt's Estate, a family-owned winery set among rolling green hills just outside Ulladulla. Enjoy sampling a selection of locally produced wines while learning a little about the winemaking process in this picturesque setting. From there, we'll make our way to Mollymook Golf Club for lunch. With sweeping ocean views and a relaxed atmosphere, it's the perfect lunch spot!



Wednesday 11 March

Pick-up – 8.30am (\$31.50 + meals)

Exploring the Lake Illawarra Art Trail

We'll begin the day in Gerringong, enjoying morning tea in the village and some time to wander the main street. From Gerringong, we'll head north to the Lake Illawarra Foreshore Art Trail, where an easy, mostly flat walk follows the water's edge. Along the way, we'll discover a variety of interesting public artworks set against the scenic backdrop of the lake. A leisurely lunch at Windang Bowling Club awaits us at the end of our art walk.



Wednesday 18 March

Pick-up - 9am (\$31.50 + meals)

Lighthouse and Classic Coastal Cruising

Take in some of the South Coast's most beautiful scenery with a visit to the historic Warden Head Lighthouse, with sweeping views of the coastline. From here, we'll enjoy a scenic drive, stopping at a selection of stunning coastal lookouts and beaches along the way, with plenty of opportunities to admire the natural beauty of the region. Our journey will finish with a delicious lunch at the peaceful Murramarang Resort.



Wednesday 25 March

Pick-up - 8.30am (\$31.50 + \$25 ticket + meals)

Illawarra Fly Treetop Adventure Walk

Experience the beauty of the rainforest from a whole new perspective with a visit to the Illawarra Fly Treetop Adventure Walk. The elevated steel walkway gently winds through the treetops, offering breathtaking views of the rainforest canopy and coastline beyond. With a smooth, well-maintained path and gradual inclines, the walk is can be enjoyed at an easy, comfortable pace. After our walk, we will go to the Jamberoo Pub for a well-deserved lunch!

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 the BCR Wellness Centre, 130 Macleans Point Rd, Sanctuary Point. There is no cost and all carers are welcome but please RSVP if you are coming so we can cater for you.

Thursday 1.30pm to 3.00pm

19 February 19 March

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 \$21 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 \$1.50 for each way.

Tuesday 9.30am to 2.30pm

3 Feb 10 Feb 17 Feb 24 Feb

3 Mar 10 Mar 17 Mar 24 Mar 31 Mar



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.

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.

FRIDAY SOCIAL CONNECTION

Fridays 10am to 2pm – centre-based
(\$21 with no transport. If you need transport, it will cost \$1.50 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 Feb 13 Feb 20 Feb 27 Feb

6 Mar 13 Mar 20 Mar 27 Mar

On the last Friday of the month, we 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 \$31.50 which includes morning tea, transport and lunch.

27 February – we will be enjoying lunch at the Pelican Rocks Seafood Restaurant in Greenwell Point.

27 March – Get your fix of honey chicken, fried rice or chow mein fix on our lunch out to Vincentia Chinese restaurant.



First Time with BCR Social Connect?

If this is your first time joining an activity, please let the BCR team know when you RSVP. One of our friendly Lifestyle Activities Coordinators will give you a call beforehand to chat through the details, make sure the activity is right for you, and discuss how we can best support you.

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

.....NEW TIMETABLE.....

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.