

April/May 2026 – Nowra

1300 222 748 | BCRcommunities.com

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 in the Bridge Road Carpark in Nowra.



Wednesday, 1 April

Pick-up – 9.30am (\$21 + \$27 ticket + meals)

Morning Melodies – What's New Pussycat

Enjoy a lively morning of music and nostalgia as we head to the Shoalhaven Entertainment Centre for the *Morning Melodies* performance, What's New Pussycat.

Featuring well-loved hits and feel-good favourites from the 60s, this upbeat show is sure to have toes tapping and memories flowing. After the show, we will have lunch at the Nowra Bowling Club.



Wednesday, 8 April

Pick-up – 9am (\$21 + meals)

Discover Australia's Naval Aviation Story

Take a step back in time and explore Australia's rich naval aviation history with a visit to the Fleet Air Arm Museum in Nowra. Discover fascinating aircraft displays, historic artefacts and stories from Australia's naval air service, with plenty to see both indoors and out. We'll begin the day with morning tea at Frank's Espresso Bar before heading to the museum to explore the exhibits at a relaxed pace. Afterwards, we'll enjoy a friendly lunch together at Nowra Ex-Services Club.

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.



Wednesday, 15 April

Pick-up – 9am (\$21 + \$15 ticket + meals)

Fantastic Fun at Jamberoo Action Park

Who says Jamberoo is just for the young? We guarantee that there will be plenty of laughs when we head to Seniors Day at Jamberoo Action Park. Bring your swimmers and join in the fun, take on the rides, chill out down the Rapid River, or just watch your friends and soak up the sights and sounds of the park. A ticket is just \$15 if you are over 60! We will cool down from all the excitement over a relaxing lunch at the historic Jamberoo Pub.



Wednesday, 22 April

Pick-up - 9am
(\$21 + \$20 for picnic + morning tea)

A Scenic Shoalhaven Escape

Today is a refreshing escape into nature as we explore the peaceful surrounds of Porters Creek Dam and take in the stunning views from Pointer Gap Lookout. This relaxing day out offers fresh country air and plenty of opportunities to unwind while enjoying the beauty of the local landscape. Morning tea will be at Remos Bakery before heading to the dam where we will enjoy a supplied outdoor picnic together.



Wednesday 29 April

Pick-up – 9am (\$31.50 + \$38 ticket + lunch)

Bee Farm Tour & Bowral Country Charm

Explore the sweet world of bees and honey with a charming day out to the Bowral Honey Farm. This fascinating experience offers a closer look at the life of the hive, how honey is produced, and the essential role bees play in our environment - with the added bonus of tasting delicious local honey. After our visit, we'll head to Mittagong RSL lunch together. The ticket price includes the tour and morning tea.



Wednesday, 6 May

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

A BCR Mother's Day Fashion Parade

Enjoy a wonderful morning of fashion, fun and community connection at the BCR Youth and Community Centre in Sanctuary Point. Students from Vincentia High will model outfits styled from the brand new BCR 2nd Chance Op Shop. After morning tea and a browse through the shop, we will have a lunch together at the St Georges Basin Country Club.

Wednesday 13 May

Pick-up – 9am (\$21 + meals)

Minnamurra Rainforest Walk

Immerse yourself in the cool, tranquil beauty of the Minnamurra Rainforest, where lush greenery, gentle walking paths and the soothing sounds of nature create the perfect setting for a relaxing day out. After our rainforest visit, we will travel to the Kiama Bowling Club for a relaxed lunch and a wander the iconic coastal town.



Wednesday, 20 May

Pick-up – 9am (\$21 + meals)

Beautiful Ulladulla Wildflower Reserve

Step into the natural beauty of the South Coast as we visit the Ulladulla Wildflower Reserve. This tranquil bushland setting is home to seasonal native blooms, peaceful walking paths and an abundance of birdlife, making it a perfect place to slow down, breathe deeply and enjoy time in nature. We'll stop for morning tea at Bendalong Store and Café and afterwards, we'll head to Ulladulla Bowling Club for a leisurely lunch together.

WELLNESS CLASS

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.



Wednesday 27 May

Pick-up – 9am (\$31.50 + meals)

Spectacular Bald Hill and Sea Cliff Bridge

Take in some of the most breathtaking coastal scenery the Illawarra has to offer as we journey north to Bald Hill Lookout and the spectacular Sea Cliff Bridge. With sweeping ocean views, dramatic cliffs and the chance to simply sit back and enjoy the ride, this scenic drive is a wonderful way to experience the beauty of our coastline. We will enjoy lunch right by the ocean at The Thirroul Beach Pavilion.

.....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.



Please Note: prices listed for all 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.

Cancellations: 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.

To book an activity or find our more, please phone 1300 222 748 or email info@bcrcommunities.com