



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 \$22.10 plus the cost of morning tea and lunch.

Monday from 9am to 3.00pm

7 September – Musical Monday

Morning tea and lunch - The Country Club, (\$18 if transport not required).

14 September

Morning Tea – Civic Centre, Ulladulla
Lunch – Marlin Hotel, Ulladulla

21 September

Morning Tea – Emersons on Main, Ulladulla
Lunch – ExServices Club, Ulladulla

28 September

Morning Tea – Breakers Cafe, Mollymook
Lunch – Milton Ulladulla Bowling Club

5 October – Public Holiday

12 October – Musical Monday

Morning tea and lunch - The Country Club, (\$18 if transport not required).

19 October

Morning Tea – Driftwood Cafe, Milton
Lunch – The Star Hotel, Milton

26 October

Morning Tea – Emersons on Main, Ulladulla
Lunch – ExServices Club, Ulladulla

MAGICAL DAY TOURS

It's time to get out of the house and join us for an exciting, adventurous social activity! 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. **Please note:** fees are inclusive of all costs to BCR, and prices may be subject to change.





Wednesday, 2 September

Pick-up – 9am (\$22.10 + \$15 wine tasting (optional) + meals)

Wine Tasting & South Coast Flavours

We're heading south for a delicious day out! Our highlight is a wine tasting experience at Cupitt's Estate, where we'll sample a selection of locally produced wines while taking in the beautiful vineyard and countryside surrounds. We'll stop for morning tea at Bewong Roadhouse along the way, before rounding out the day with lunch at The Marlin Hotel in Ulladulla.



Wednesday, 9 September

Pick-up - 9am (\$44.10 + meals)

Tulips & Springtime in Bowral

Spring is in the air! We're heading to the Southern Highlands to see Bowral bursting into colour for tulip season. Wander among beautiful spring displays, admire thousands of colourful blooms and enjoy some time exploring Bowral at one of the prettiest times of the year. We'll start our day with morning tea at The Hampton Deli in Kangaroo Valley and enjoy lunch together at Bowral RSL after our tulip tour.



Wednesday, 16 September

Pick-up – 9am (\$22.10 + \$40 lunch + morning tea)

Delicious Destinys Three Course Lunch

Treat yourself to a delicious day out with a visit to Destiny's Training Restaurant at Nowra College, where the next generation of hospitality professionals will put their skills into action. Sit back and enjoy a three-course alternate drop menu, complete with a house beverage, while supporting students as they gain valuable real-world experience. Morning tea will be at Again & Again Café in Bomaderry before we head to the restaurant for our special lunch.

Wednesday, 23 September

Pick-up - 8am (\$44.10 + meals)

Day Out to the new Sydney Fish Market

Seafood lovers, this one's for you! We're spending the day exploring the spectacular new Sydney Fish Market, with plenty of time to wander, browse the fresh seafood and specialty food stalls, and soak up the atmosphere of this iconic Sydney destination. There are lots of great places for lunch at the market – we will choose on the day!

Wednesday 30 September

Pick-up – 9am (\$22.10 + meals)

Milton to the Sea

Take the scenic route south for a laid-back day of country charm and coastal views. We'll start with morning tea at the historic bakery in Milton, with time to soak up the atmosphere of this lovely heritage town. Then it's on to beautiful Burrill Lake, where we'll settle in by the water at Lions Park for a classic fish and chips picnic lunch – fresh air, good food and great company!

Wednesday 7 October

Pick-up – 9am (\$22.10 + \$6 experience + meals)

Gin, Whiskey and Seafood by the Sea

Something a little different for this day out! We are visiting Tara Distillery for a guided tasting experience, sampling their locally crafted gin and whiskey and discovering a little about how their small-batch spirits are made. We'll start with morning tea at Ernest & Arthur in Nowra before heading to Greenwell Point for a delicious seafood lunch by the water.

Wednesday & Thursday, 14-15 October

Pick-up – 8am Sanctuary Point

Sydney Zoo Overnight Stay

Pack your bags – we're off on an overnight adventure to Sydney! We'll enjoy a little shopping and free time along the way, settle into our motel for the evening and head out for dinner together. After a good night's sleep, we'll be ready for the main event – a fun-filled day exploring Sydney Zoo! Two days, one overnight stay and plenty of laughs, good food and fun along the way!



Wednesday, 21 October

Pick-up – 9am (\$44.10 + meals)

Amazing Mogo Adventure

We're heading down the coast for a leisurely day exploring the charming village of Mogo. Browse the quirky shops, galleries and local treasures, pick up something special or simply enjoy wandering through this colourful little South Coast town. We'll start with morning tea by the water at Mollmook Beach Café before heading to Mogo, followed by lunch surrounded by nature at the Batemans Bay Botanic Gardens.



Wednesday 28 October

Pick-up – 9am (\$22.10 + meals)

Cambewarra Views & Berry Delights

Take in some of the Shoalhaven's most spectacular scenery with a visit to Cambewarra Lookout. Perched high above the coast, it's the perfect spot to take in sweeping views across the countryside and out towards the ocean. From there, we'll make our way to beautiful Berry, with time to enjoy the surrounds before settling in for a relaxed lunch at Berry Bowling Club.



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 \$22.10 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 \$1.60 each way.

Tuesday 9.30am to 2.30pm

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.

FRIDAY SOCIAL CONNECTION

Fridays 10am to 2pm – centre-based
(\$22.10 with no transport. If you need transport, it will cost \$1.60 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.

4 Sept 11 Sept 18 Sept 25 Sept

2 Oct 9 Oct 16 Oct 23 Oct 30 Oct

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 \$33.10 which includes morning tea, transport and lunch.



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.

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.