

March/April 2025 – 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. Transport from and back to your home is included. Bookings are essential. **Please note:** planned venues may change on occasion due to unforeseen circumstances. Cost is \$20 plus the cost of morning tea and lunch.

Monday from 9am to 3.00pm

3 March

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

10 March

Morning Tea – Mollymook Golf Club
Lunch – Thai Flavours, Mollymook

17 March

Morning Tea – Oceanvibe Cafe, Ulladulla
Lunch – The Marlin Hotel, Ulladulla

24 March

Morning Tea – Breakers Café, Mollymook
Lunch – Beach Hut, Mollymook

31 March

Morning Tea – Foxy's Café, Ulladulla
Lunch – Dunn and Lewis Centre, Ulladulla

7 April

Morning Tea – Emerson's on Main, Ulladulla
Lunch – Picnic of fish n chips by the sea

14 April

Morning Tea – Fisherman's Wharf Café,
Lunch – The Marlin Hotel, Ulladulla

21 April – Public Holiday

28 April

Morning Tea – Breakers Café, Mollymook
Lunch – Bowling Club, Mollymook/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.

Wed, 5 March, 9am to 3pm (\$20)

Tranquil Minnamurra Falls

Spend a day soaking in the beauty and tranquillity of the Australian rainforest! After stopping for morning tea along the way, we will stroll through the rainforest, following the elevated boardwalks to the stunning Minnamurra Falls. Then head to the historic Jamberoo Pub for a hearty lunch before returning home.



MAGICAL DAY TOURS (cont'd)



Wed, 19 March, 9am to 3pm (\$20)

Bendalong Stingray Experience

Experience an unforgettable day at Bendalong, where friendly stingrays glide through crystal-clear waters. Start your day with morning tea at Bendalong Café then head to the beach to watch or even hand-feed the stingrays as they glide gracefully along the shore. Continue to Mollmook for lunch at Salt and Spencer, where fresh seafood and coastal views provide the perfect ending to your aquatic adventure.



Thurs, 27 March, 9am to 3pm (\$20)

Shoalhaven Heads Native Botanic Gardens

Come with us to explore the Shoalhaven Heads Botanic Gardens, a hidden gem with masses of native plants and vibrant seasonal blooms. Wander along winding pathways, past beautifully curated garden beds, while listening to the birdsong and enjoying the fresh coastal air. Enjoy morning tea at Bangalay Dining before the walk, and lunch at the 1950s style 'Dairy Bar' at the Treat Factory in Berry.

Wed, 9 April, 9am to 3pm (\$20)

Op Shop Treasure Hunt

Designer clothing, unique accessories, old books, vintage china or a beautiful piece of art - it is so exciting unearthing treasure in an op shop and only paying a few dollars for it! On this Magical Day Tour we will be exploring op shops in the Shoalhaven and Illawarra with a prize for the person who finds the most unique treasure or best bargain! Enjoy morning tea along the way, and end with lunch at the Kiama Leagues Club.

Sunday, 13 April, 9am to 3pm (\$20)

Stunning Merribee Garden Tour

Merribee's garden spans seven acres of sensory splendor. Since purchasing what was essentially dairy pastureland, Lucy and Richard Marshall have fashioned this plot into a stunningly beautiful ornate garden with numerous "botanical rooms". Stop for morning tea at Pyree and enjoy lunch at Greenwell Point Seafood Restaurant. Entry is an extra \$15.



Wed, 30 April, 9am to 3pm (\$30)

Historic Braidwood and Nerriga

Take a step back in time with our Magical Day Tour to Braidwood, a charming historic town filled with antique shops and rich heritage. Spend the morning browsing unique treasures, vintage collectibles, and local crafts before visiting the Braidwood Museum to learn about the town's fascinating past. After exploring, take a scenic drive to the famous Nerriga Pub for a hearty country-style lunch.

FRIDAY SOCIAL CONNECTION

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

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.

7 March – Activities at the Centre

14 March – Activities at the Centre

21 March – Activities at the Centre

28 March – Lunch Out

For March's monthly outing, we will enjoy activities and a Devonshire morning tea in the centre before heading out to the Beach and Bay Bistro at Callala, for lunch. Cost is \$30 which includes morning tea, transport and lunch.

4 April - Activities at the Centre

11 April - Lunch Out

For April's monthly outing, we will enjoy activities and a Devonshire morning tea in the centre before heading out to Club Husky, for lunch. Cost is \$30 which includes morning tea, transport and lunch.

April 18 – Good Friday Public Holiday

April 25 – ANZAC Day Public Holiday

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 Pt Rd, Sanctuary Point.** There is no cost and all carers are welcome.

Thurs, 20 March Thurs, 17 April

ZEN AFTERNOONS

Enjoy Chair Yoga, Chair Tai Chi, Chair Cardio Strength Exercises for Seniors, and Meditation – just what you need for that important body, mind and spirit connection. Please 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

12 March 26 March

2 April 16 April

DEMENTIA SPECIFIC

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 \$20 and includes lunch and morning tea. Bookings essential, please let us know if transport is difficult for you.

Monday 9.30am to 2.30pm

3 Mar 10 Mar 17 Mar 24 Mar 31 Mar

7 Apr 14 Apr 28 Apr

★ **NEW MONTHLY OUTING:** The Respite Social Group will now be going on an exciting day trip on the first Monday of the month. On Monday 3 March and Monday 7 April please bring your \$20 for morning tea and lunch, and an extra \$25 to cover the cost of the trip. ★



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 Physiotherapy Exercise Classes (Term - 18 Feb to 11 April)

Sanctuary Point Clinic at 2/200 Kerry Street, Sanctuary Point

Tuesday	2.00pm - 3.00pm (Low Level Strength and Conditioning)
Tuesday	3.00pm – 4.00pm (High Level Strength and Conditioning)
Tuesday	4.00pm – 5.00pm (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

Wednesday	8.00am – 9.00am (Slow, Flow and Hold)
Wednesday	9.00am – 10.00am (Chair Exercise/Yoga)
Thursday	9.00am – 10.00am (Stretch, Strength and Balance)
Thursday	10.20am – 11.20am (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.