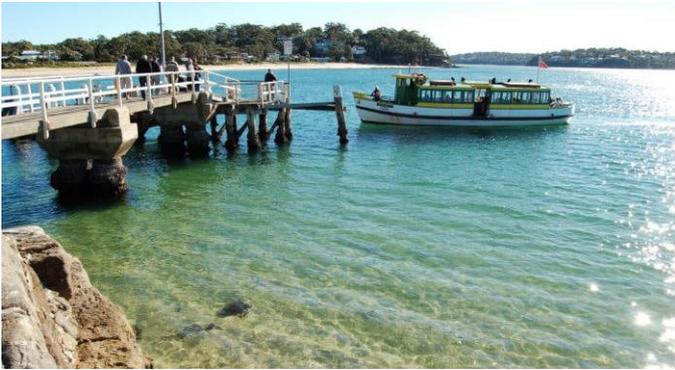


## MAGICAL DAY TOURS

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 as price may differ depending on the distance travelled for the day. The costs of the tours outlined below do not include the costs of morning tea and lunch. Pick-up and drop-off times and locations will vary for each tour. Our Social Connect Team will discuss the best option for you at the time of booking.



**Wed, 5 March, 9am to 3pm (\$30)**

### Bundeena Ferry Trip to Cronulla

Get ready for a fantastic day out! To give us more time we will have morning tea on the bus, before hopping aboard the historic Bundeena Ferry for a scenic cruise across Port Hacking to Cronulla. There will be time to explore the vibrant foreshore and browse the boutique shops, before we enjoy a delicious lunch at Cronulla RSL, with breathtaking ocean views as our backdrop.



**Wed, 12 March, 9pm to 3pm (\$30)**

### The Perfect Country Escape

The day begins with morning tea in Picton before exploring the beautiful Picton Botanic Gardens. Then, step back in time at Belgenny Farm, NSW's oldest farm. Stroll through the beautifully preserved buildings, learn about the pioneering sheep and wool industry, and take in the breathtaking rural landscape. Finish the adventure with a hearty pub lunch at The Oaks Hotel.



**Saturday, 15 March, 9am to 3pm (\$30)**

### Saturday Shopping Trip to Westfield Miranda

Join us for a fabulous day out at Westfield Miranda, one of Sydney's top shopping destinations! Enjoy morning tea on arrival before exploring a wide variety of shops at your own pace. Whether you're looking for fashion, homewares, or a special treat, there's something for everyone. We'll have a designated meeting point for lunch, where you can have a rest and share your finds with friends.

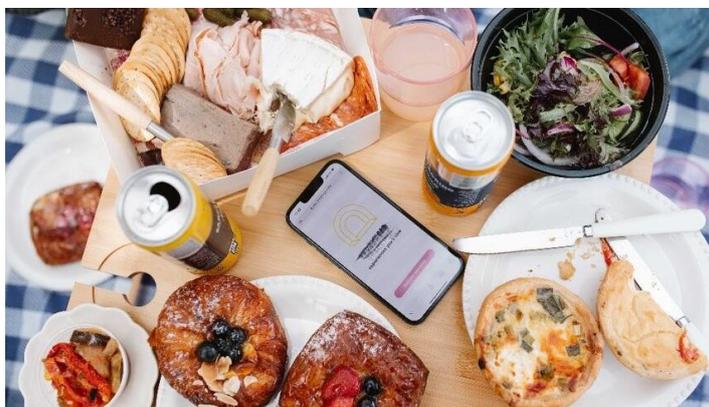
## MAGICAL DAY TOURS MARCH



**Wed, 19 March, 9am to 3pm (\$30)**

### Beautiful Booderee Botanic Gardens

Start the day with morning tea at Coffee on the Double in Tomerong with time to explore the charming nursery, before heading to Booderee Botanic Garden – which is Australia’s only Indigenous-owned botanic gardens. Wander through stunning native landscapes, learn about bush tucker and local culture, and enjoy the peaceful surroundings. After a refreshing walk, we will relax over lunch at St Georges Basin Country Club.



**Wed, 26 March, 9am to 3pm (\$30)**

### Mystery Tour and Picnic Adventure

Join us for a fun-filled Mystery Tour & Picnic Adventure! Solve clues to uncover our secret route, leading to charming local shops and farms where we’ll collect delicious picnic supplies. Enjoy a mix of mystery, exploration, and scenic beauty as we journey to our final surprise destination - a stunning spot perfect for a relaxing picnic. Come alone or gather some friends and embrace the adventure!

## MAGICAL DAY TOURS APRIL



**Wed, 2 April, 9am to 3pm (\$30)**

### Exploring Historic Nerriga

Our day begins with morning tea at the Greendale Café in Pyree, followed by a scenic drive to Nerriga, taking in the stunning views from the amazing Jerrawangala Lookout. We’ll enjoy lunch at the historic Nerriga Hotel before heading to O’Allen Ford, where gold panning is still practiced today.



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

### The Tastes and Scents of Wollondilly

Fresh and Flavour are the words for today! Start the morning with morning tea at Kangaroo Valley Bakehouse, known for its fresh-baked treats. Then, visit Mowbray Produce, a local farm where you can pick your own seasonal fruit and buy other farm-fresh goods. Next, immerse yourself in the beauty of Jonima Flowers, where you can handpick your own stunning bouquet to take home. After a fun morning, we’ll head to Bargo Sports Club for lunch.

## MAGICAL DAY TOURS (cont'd)



### Wed, 16 April, 9am to 3pm (\$30)

#### Breathtaking Point Perpendicular

Soak in the beauty of the South Coast! We'll start the day with coffee and chats at Em's Place in Culburra before heading to the breathtaking Point Perpendicular Lighthouse. Take in stunning coastal views where the Pacific Ocean meets the cliffs. After a refreshing stroll, we'll enjoy a delicious lunch at the Peninsula Brasserie in Currarong.



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

#### Royal National Park Tour

Enjoy morning tea at the Flying High Café at Stanwell Tops while watching the hang gliders soar above you. Then, take a leisurely drive through the Royal National Park, stopping to admire the stunning views. Lunch will be at the historic Audley Dance Hall, a lovely spot to unwind. To finish the day, we'll stop at the Gelato Emporium at Bulli Tops for a sweet treat. A great opportunity to enjoy good company and beautiful surroundings.

### Wed, 23 April, 9am to 3pm

#### 'Holi' Hindu Celebration of Colour

Step into the vibrant culture of India as BCR Tongarra transforms into an Indian palace! Enjoy a delicious Indian banquet, and take part in traditional festivities. Get creative with a Holi-inspired artwork, using water and colourful powders to make a unique keepsake. Cost: \$20 plus \$20 for lunch (Nowra clients) or \$20 for lunch (Wollongong clients). Don't miss this exciting cultural celebration—come along for a day of colour, flavour, and fun!



### Sat, 26 April, 9am to 3pm (\$30)

#### Autumn Open Garden Weekend

Join us for a delightful day at the Autumn Open Garden Weekend and Plant Fair in Bowral! We'll start with a surprise morning tea at a mystery location before exploring five exclusive private gardens, open for just two days. Enjoy the stunning autumn colours and beautifully curated landscapes. We'll also visit the Bowral Botanic Gardens, where you can browse stalls and specialist nurseries. To finish the day, we'll head to the Bowral Bowling Club for lunch. A perfect outing for garden lovers and those who enjoy a scenic day out in the Highlands!





## NEW CARER SUPPORT GROUP

**Thursday, 27 March, 1pm to 3pm**

**Thursday, 24 April, 1pm to 3pm**

The new Carer Support Group will meet once a month for a cuppa and a chat. It will be a safe, relaxed and friendly environment where everybody has the opportunity to share their experiences, discuss challenges and support each other. The meetings will be held at BCR Tongarra, 108a Tongarra Rd, Albion Park. There is no cost and all carers are welcome.



## NEW RESPITE SOCIAL GROUP

Join us at the BCR Tongarra Centre for entertaining social activities. Meet new friends, get creative, have lots of fun, and enjoy a freshly prepared lunch on the day. This group is specifically for people living with dementia. Cost is \$20 and includes lunch and morning tea. Monthly excursions will be an additional \$25. Bookings essential, please let us know if transport is difficult for you.

**Thursdays 9.30am to 2.30pm**

6 Mar 13 Mar 20 Mar 27 Mar  
3 Apr 10 Apr 17 Apr 24 Apr

## CRAFT & COMPANY DROP-IN

**Every Monday, 9am to 12pm (\$6)**

**(No drop-in Easter Monday 21 April)**

Don't craft alone! Quilting, sewing, crocheting, sketching, mosaics, model building, scrapbooking or painting – whatever your project, bring it to the BCR Tongarra Centre and work on it with company. Make new friends, share ideas, be inspired and have a laugh and a chat while you craft away. Don't worry if you don't have a project, we can help you start one. Includes a delicious morning tea. Please book so we can save you a space!



## Physio Pal Exercise Classes

**Warrigal, Figtree**

Thursdays 10am – 11am

**BCR Tongarra Centre, Albion Park**

Thursdays 10am – 11am

**North Nowra Community Centre**

Thursdays 10am – 11am

For more information or to book a class please call Physio Pal on 42023874.

