

## 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. There are different pick-up and drop-off locations for each tour - our social connect team will discuss the best option for you at the time of booking.



### **Wed, 5 February, 9am to 3pm (\$20)**

#### **Native Gardens Paired with a Wine Tasting**

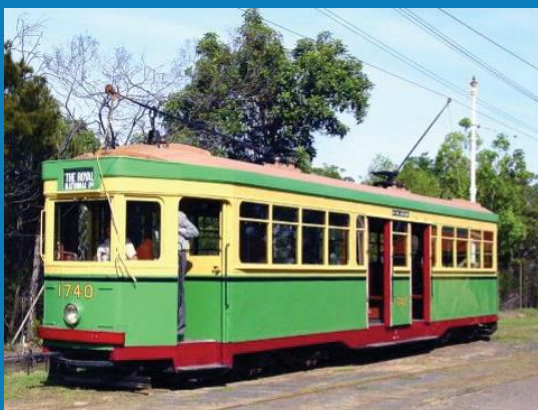
Come with us and discover the natural beauty of the Shoalhaven Heads Native Botanic Garden. After morning tea at the Shoalhaven Heads Golf Club, we will explore the walking paths of the garden which has thousands of native plants and trees teeming with birdlife. Lunch will be at the always lovely Coolangatta Estate with the option of a wine tasting for \$5.



### **Wed, 12 February, 9am to 3pm (\$30)**

#### **The Pines Pastoral Farm Experience**

Today we are going to the lush rolling hills of the Southern Highlands for a special walking tour of the Pines Pastoral Black Angus farm. For morning tea we will be visiting Farm Club Australia which sells delicious pies, meats and baked goods direct from the farm gate. After we have worked up an appetite walking with the cows, we will enjoy lunch at the historic Argyle Hotel in Moss Vale.



### **Wednesday, 19 February, 9am to 3pm (\$30)**

#### **Historic Sydney Tramway Museum**

Step back in time with a visit to the Sydney Tramway Museum, where you can explore the largest collection of vintage trams in the Southern Hemisphere, and even enjoy a ride on 4km of track! Afterwards, relax with a delicious lunch at Boatshed Woronora, nestled along the picturesque Woronora River. A perfect blend of nostalgia, fun and scenic dining.

## MAGICAL DAY TOURS (cont'd)



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

Cuteness Overload at Symbio Wildlife Park

When was the last time you went to the zoo? Spanning 20 acres of landscaped gardens and animal habitats, Symbio is home to over 500 animals from across the globe. You will be entertained by the antics of penguins, meerkats, red pandas, lemurs, koalas and more. Lunch will be at the Lime Leaf Café inside the Sunrise Nursery in Helensburgh, with time to browse their extensive collection of plants.



## 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. Bookings essential, please let us know if transport is difficult for you.

**Thursday 9.30am to 2.30pm**

6 Feb 13 Feb 20 Feb 27 Feb

## NEW CARER SUPPORT GROUP

**Thursday, 27 February, 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.

## CRAFT & COMPANY DROP-IN

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

**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. The morning also includes a delicious high tea. Please book so we can save you a space!



## Physio Pal Exercise Classes

### Warrigal, Figtree

Thursday 10am – 11am

### BCR Tongarra Centre, Albion Park

Thursday 10am – 11am

### North Nowra Community Centre

Thursday 10am – 11am

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