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## Get involved Volunteer with us

Get involved in your local community, build new relationships and, share your skills. Have fun and make an impact!

Join our dedicated team of Bain Park volunteers.

Help out with group activities and provide companionship. No qualifications needed.

## CONTACT US

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Seniors Hub team

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## BAIN PARK COTTAGE SENIORS HUB

# Activities Schedule

May 2023

Activities are subject to change and will be held in The Hub, unless otherwise stated.  
Activities are free of charge unless stated otherwise.

# MAY 2023

## Tuesday 2nd

**9:30 Tai Chi** - Gentle movement and exercise

**11:00 Cards and Games Morning**- Join the fun

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## Wednesday 3rd

**9:30 – Learn to play Ukelele** - Week 1 of 4 weeks of lessons to learn to play the Ukelele. We have limited loan Ukes and limited spots, so book in

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**Thursday 4th - Laurieton Plaza Movies & Lunch.** Bookings for the bus are essential as seats are limited. Self drive is optional

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## Friday 5th

**9:30 Art Class** – Bring your own art project or start one at the Hub.

**9:30 Gym Workout / Walking Group with Mark**

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## Tuesday 9th

**9:30 Chair Yoga** – Keep flexible and active with our Low Impact and easy yoga

**11:00 Performance by Jo Kelly**- Relax and be enchanted by the glorious chants, mantras and songs of Jo Kelly

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## Wednesday 10th

**9:30 – Learn to play Ukelele** - Week 2 of 4 weeks of lessons to learn to play the Ukelele.

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## Thursday 11th

**9:30 Bus Trip to Port Macquarie -Putt Putt Golf and Rivermark Cafe-**

Limited seats on the bus so bookings are essential, otherwise you are welcome to drive yourself and meet up with us.

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## Friday 12th

**9:30 Combined Comboyne and Wauchope Social held at the Senior Citizen's Hall.** Chair Yoga with Mark, then a cuppa

**12:00 Lunch at the Seniors Hub**

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## Tues 16th

**9:30 Line Dancing with Juliana!** We're looking for fellas to join! Great for your health, balance and wellbeing.

**11:am Garden Get together**

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## Wednesday 17th

**9:30 – Learn to play Ukelele** - Week 3 of 4 weeks of lessons to learn to play the Ukelele.

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## Thursday 18th

**9:00 Bus Trip to Bellingen /Urunga** Join us for our bus trip to Bellingen shops and lunch then Urunga visit.

Seats are limited so bookings are essential.

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## Friday 19th

**9:30 Art Class** – Bring your own art project or start one at the Hub.

**9:30 Gym Work Out / Walking with Mark**

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## Tuesday 23rd

**9:30 Zumba with Mel**- Feel the rhythm and move to the beat

**11:00 Social Morning Tea** - Bring a Plate

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## Wednesday 24th

**9:30 – Learn to play Ukelele** - Week 4 of 4 weeks of lessons to learn to play the Ukelele.

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## Thursday 25th

**9:30 Bus Trip - Koala Hospital, North Shore and Lunch at Point Cafe.**

Seats are limited so bookings are essential and you are welcome to self drive if you prefer.

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## Friday 26th

**9:30 Art/Craft Class – Air Dry Clay** - create a pottery masterpiece!

**9:30 Gym Workout/ Walking Group with Mark**

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## Tuesday 30th

**9:30 Tai Chi** - Gentle movement and Exercise

**11:00 Spa Treatments** - This time we will concentrate on hands!

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## Wednesday 31st

**9:30 Chair Yoga and Meditation with Mark**