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Australian Government

Black Summer Bushfire
Recovery Grants Program

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

Bain Park Cottage
Seniors Hub team

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BAIN PARK COTTAGE SENIORS HUB

Activities Schedule

JUNE 2023

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

JUNE 2023

Thursday 1st

9:30 Bus Trip to Port- Morning Tea and 10 Pin Bowling – Bookings the bus are essential as there are limited seats. Self Drive is optional.

Friday 2nd

9:30 Art Class – Finish off the Air Dry Clay Projects
9:30 Gym Work Out / Walking with Mark

Tuesday 6th

9:30 Chair Yoga and Meditation – Improve your flexibility with gentle movement.
11:00 Games and or Cards Social Morning. Come for a cuppa and join the fun.

Wednesday 7th

9:30 Art Gallery in Chamber of Commerce and Coffee Meet at the Hub and walk up or meet at the Chamber of Commerce

Thursday 8th

9:30 Intergenerational Day with Kids from St Joseph's School – Treasure Hunt and Lawn Games

Friday 9th

9:30 Art Class – Sewing and Embroidery. Bring your own machine or project.
9:30 Gym Workout / Walking Group with Mark

Tuesday 13th

9:30 Line Dancing with Julianna– Gentle fun boot scootin' exercise
11:00 Fete Planning Session.

Wednesday 14th

9:30 Circuit Training with Mark– Gentle circuit exercises to help to improve your health.

Thursday 15th

9:00 Bus Trip – Whale Watching and Coastal Headland Tour. Visiting Crescent Head, Hat Head South West Rocks. Lunch at Trial Bay Kiosk. Bookings are essential as seats are limited. **BYO BINOCULARS**

Friday 16th

9:30 Art Class – Acrylic Painting. BYO project or follow one of our tutorials

9:30 Lawn Games at the Hub– Try your hand at some of our fun games

Tuesday 20th

9:30 Chair Yoga & Meditation –

10:30 Cards and Games Social Morning – Join in the social fun.

Wednesday 21st

9:30 Coffee Outing with Mark– Meet at the Seniors Hub and then head off to have a delicious morning tea at one of Wauchope's local cafes.

Thursday 22nd

9:30 – Art Class – Fete Items – join us to make some fun items to sell at our up and coming fete.

9:30 Walking Group/ Gym Workout with Mark

Friday 23rd

9:30 – Bus Trip– Movies at Laurieton Plaza & Lunch Bookings are essential as seats are limited. Self Drive is optional.

Tuesday 27th

9:30 Tai Chi – Gentle exercises to keep you moving

11:00 Making Preserves using Garden items – join us in making herb jellies using our garden produce.

Wednesday 28th

9:30 Circuit Training with Mark– Gentle circuit exercises to help to improve your health.

Thursday 29th

Combined Seniors Hub and Comboyne Activity/Luncheon– Presentation by Dave Reneke "Secrets of the Universe" a general overview of modern and future astronomy.

Friday 30th

9:30 Craft / Fete Shopping Bus Trip to Port Macquarie – seats are limited so bookings are essential. Self Drive is also an option.

9:30 Walking Group or Gym Workout with Mark
