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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

August 2024

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

August 2024

Please advise us for outings and cooking classes as we need to cater for transport and food quantity.

Thursday 1st: **World Day of Joy**

9:30am - Art Class- Unusual Paint Techniques- Have a go at Pour painting, string painting, balloon painting to name a few.

Friday 2nd: **National Ice Cream Sandwich Day**

9:30am - Spin / Knit / Sew / Crochet

10:30am - BBQ Lunch, Social time and Ice cream sandwich Dessert. \$7 contribution and RSVP 31/7/24

Tuesday 6th:

9:30am- Tai Chi and Meditation: Gentle movement for flexibility and mobility

9:30am- Gardening: help out in the Senior Hubs beautiful garden

11am- Open Games and Craft: Join in-meet new friends or spend time with mates.

12pm - Bring some money for lunch @ the Hastings Hotel

Wednesday 7th: **National Lighthouse + Aged Care Employee Day**

10am - Outing to the Lighthouse in Port Macquarie: Come join our group for an adventure (bring your binoculars as you may spot a whale or two) and enjoy lunch at the lighthouse in Port Macquarie.

Please bring money for fish and chips at lighthouse takeaway

Thursday 8th: **Happiness Happens Day**

9:30am- Seniors Tech Thursday! Bring your phone or tablet and learn the basics on how to use them.

Friday 9th:

9:30am Spin / Knit / Sew / Crochet

10:30am - Cook and Eat - Join us for a delicious home cooked lunch. **\$7 contribution and RSVP 7/8/24**

Tuesday 13th: **Left Handers Day!**

9:30am - Chair Yoga: Gentle movement that keeps you flexible and toned.

11am - Open Games and Craft: Join the group and play Cards/ Scrabble/ Chess or bring your art/craft project. Meet new friends over a cuppa.

12pm - Taco Tuesday @ Vibes

Wednesday 14th:

10:30am - Travel to India: Come in and join us for an Indian fun-filled day You are welcome to come in your most vibrant coloured clothes/sari and share your travel stories. **Please bring an Indian themed plate of food to share for lunch. RSVP 9/8/24**

Thursday 15th:

9:30am -Craft Class - Beads! We will be beading up as storm - make a necklace, a bracelet or even a bead curtain! Bring your own beautiful beads or you can use what we have.

Friday 16th:

9:30am - Spin / Knit / Sew / Crochet

10:30am - Pie Maker Recipes! You can cook so many different things in your pie maker, come and try some different yummy treats cooked in the pie maker!

Tuesday 20th:

9:30am- Tai Chi and Meditation: Gentle movement to assist with flexibility and mobility followed by a guided meditation to balance your mind

9:30am- Gardening: help out in the Senior Hubs beautiful garden

11am- Open Games and Craft: Join the group and play cards, scrabble Chess or bring your art/craft project. Meet new friends and catch up with others.

12pm - Bring in some money for lunch @ Coffee on High

Wednesday 21st:

9:30am - Laurieton Plaza Movies (The Fabulous Four): Come and enjoy the movies at Laurieton then lunch @ the groups choice. **Bookings essential as seats are limited (self-drive option available)** Bring money for lunch. **RSVP 15/8/24**

Thursday 22nd:

9:30am- Craft Class - Candle Making. Bring an old teacup or container/Mold that you would like to use as a small candle, and we will light up your world!

Friday 23rd:

9:30am - Spin / Knit / Sew / Crochet

10:30am - Cook and Eat - Join us for a delicious home cooked lunch. \$7 contribution and RSVP 21/8/24

Tuesday 27th:

9:30am - Chair Yoga: Gentle movement that keeps you flexible and toned.

11am - Open Games and Craft: Enjoy your mates or meet new friends

12pm - Taco Tuesday @ Vibes

Wednesday 28th:

9:30am - Try Geocaching! Come with us on a treasure hunt throughout the Hastings area - who knows what treasures we might find! **Bookings essential as seats are limited. RSVP 15/8/24**

Thursday 29th:

9:30am - Art Morning- Bring your current art project or start a new one.. Watercolour, acrylic, pastels or oil..

Friday 30th:

9:30am Spin / Knit / Sew / Crochet

10:30am - Cook and Eat - Join us for a delicious home cooked lunch. **\$7 contribution and RSVP 28/8/24**