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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

10 Oxley Lane, Wauchope
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BAIN PARK COTTAGE SENIORS HUB

Activities Schedule

March 2023

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

March 2023

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FRIDAY 3RD

09:30 – 14:00 Arts & Crafts Gathering: be a maker of pretty things; whether that be arts and crafts, or new friends.

09:30 Wauchope Walks: for those who like to stretch their legs; accompany Mark for a wander around the local area.

TUESDAY 7TH

09:30 Yoga with Guru Mark: inhale the future, exhale the past.

11:00 – 14:00 Art & Crafts Gathering: set your imagination free with a comradely arts & crafts session led by Leanne.

THURSDAY 9TH

10:30 XX

11:30 – 12:30 Garden Club – spend an hour in the garden with Mark and Leanne. It's good for your soul!

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TUESDAY 14TH

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11:00 – 14:00 Art & Crafts Gathering: because life is better when you're crafing.

March 2023

THURSDAY 16TH

Sea Acres Outing

Step into the leafy depths of the rainforest, and learn about the incredible indigenous history of the area at the Aboriginal Heritage Exhibition.

The bus departs The Hub at 09:30.

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TUESDAY 21ST

09:30 Zumba with Magic Mel: add a little Latin flare to your exercise moves.

11:00 – 14:00 Board Games and Cards: this is the time to be on top of your game!

THURSDAY 23RD

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TUESDAY 28TH

09:30 Yoga with Guru Mark: because when in doubt, go to yoga.

11:00 – 14:00 Indoor games and trivia: these afternoon sessions offer something for everyone. Come to win, or just come to laugh.