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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

February 2024

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

February 2024

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

Thursday 1st:

10:00am - Zumba Gold.

11:15am - Open Craft and Gardening

12:30pm - Lunch @ the Hastings Hotel

Friday 2nd:

10:00am - Chess Competition / Learn to Play

Lunch @ Baked Culture

Tuesday 6th:

9:30am - Tai Chi and Meditation

11:00am - Poetry and Storytelling

Lunch at Yummy Thai

Wednesday 7th:

9:30am - Talk with Felicity: The Future of our Seniors Hub

11:00am - Table Tennis Day

Lunch from Wok Mania

Thursday 8th:

10:00am - Physiotherapist Guy Terkelson Speaking about Exercises and keeping fit and healthy.

Lunch @ Coffee on High

Friday 9th:

9:30am - Valentines Craft

11:00am - Cooking Class (Meal to be advised)

Tuesday 13th:

9:30am - Chair Yoga with Mel

10:30am - Valentines Craft / Ukulele

12pm - Pancake Day -Cook your own pancakes

Wednesday 14th:

10:00am - Valentines picnic @ Rocks Ferry Reserve

Prizes for best dressed Lady and Gentleman

Thursday 15th:

10:00am - Zumba Gold

11:00am - Open Craft and Gardening

Lunch at The Star Chinese Restaurant

Friday 16th:

9:30am - Sea Acres Rainforest Walk

Lunch at Rainforest Cafe

Tuesday 20th:

9:30am - Tai Chi and Meditation

11:00am - Wauchope Op Shop Day

Lunch at Wauchope RSL

Wednesday 21st:

9:30am - Outing to Crowdy Head Lighthouse

Please bring \$5 contribution if you would like a provided lunch of BBQ chicken/turkey and salad rolls or feel free to bring your own food

Thursday 22nd:

10:00am - BBQ lunch @ Yippins Creek

Friday 23rd:

9:30am - Open Craft and Gardening

10:45am - Cooking Class (Meal to be advised)

Enjoy your cooked meal for lunch

Tuesday 27th:

9:30am - Yoga with Mel

11am - Open Craft and Gardening / Ukulele

Lunch @ Classy Cafe

Wednesday 28th:

10:00am - Seniors Day Out with Port Macquarie Cruise

\$49 Per Person -3 hour cruise -Buffet lunch -Trivia and games onboard

Pre booking is required, please notify interest by Friday 16th

Thursday 29th:

10:00am - Zumba

11am Onwards - Leap year Party

Please bring a plate to share (High tea themed), activities and games will be conducted throughout the day with prizes to win.
