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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 2025

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

February 2025

Tuesday 4th:

9:30am-Chair Yoga: Gentle movement that keeps you flexible
10:30am- Allied Health Program Guest Jo Kelly: come in for some meditation and chanting with Jo.
12:30pm - RSL Lunch or BYO

Wednesday 5th: **World Nutella Day**

9:30am - Please bring a Nutella plate to share for morning tea
11am - BBQ and games in Bain Park **\$7 Contribution RSVP 31/1/25**

Thursday 6th:

9:30am - Chinese themed arts and crafts day: Come in and make a lantern / art for the celebration of Chinese New Year
Please bring a Chinese cultured plate to share

Friday 7th: **Gladstone Outing**

9:30am - Come in for a bus adventure to the beautiful gladstone art exhibition and surrounding shops.
Bring in some money for lunch at the Gladstone Pub

Tuesday 11th: **International day of Woman and Girls in Science**

9:30am- Gentle Chair Exercises: Come on down for some morning motivation. Varies from Strength to balance.
10:30am- Allied Health Program: Jill McDonnell
12:30pm - Lunch from the Baked Culture or bring in your own

Wednesday 12th: **Chinese Lantern Festival+Chinese New Year**

9:30am - Bus outing to Port Macquarie: Come in and celebrate Chinese New Year, hang your lanterns in the bus or around our room before a **Chinese Lunch from the four seasons in Port Macquarie** and an adventure up to the lighthouse.

Thursday 13th:

9:30 am - UFP (Unfinished Projects): Bring a project to finish or start something youve been wanting to make bring a friend for some fun
Bring in your lunch or money for the Country Kitchen or BYO

Friday 14th: **Valentine's Day**

9:30am - Valentine's Craft, Games and Trivia: Come dressed in your pink / red or heart valentine's outfit
11:30am - Valentine's day BBQ
\$7 Contribution RSVP: 12/2/25

Tuesday 18th:

9:30am - Tai Chi and Meditation: Gentle movement to assist with flexibility and mobility followed by meditation to balance your mind
10:30am - Allied Health Program: Vital Living
12:30pm - Bago Tavern for Lunch or BYO (Self Drive or car pool)

Wednesday 19th: **Random Acts of Kindness Day (17th)**

10:00am - Art Day: Come in and make kind cards for people around the Wauchope Community / Bundaleer or anyone of your choice.
Chocolates option - \$5 contribution
12pm - Lunch from Domino's Pizza or bring your own

Thursday 20th:

9:30am - Learn to draw art class
Bring in some money for lunch at the group's choice or bring your own

Friday 21st: **Mardi Gras Day**

10:30am - Come in dressed in your most wonderful sparkles, ribbons and colors for some fun trivia and social fun and laughter.
Bring in a fancy fabulous and colorful plate to share for lunch.

Tuesday 25th:

9:30am - Chair Yoga: Gentle movement that keeps you flexible
10:30am - Allied Health: Basic first aid with Jaime
1:30pm-3:30 - Allied Health: Navigating my aged care webinar
12:30pm - Lunch @ Hastings Hotel or BYO

Wednesday 26th:

10am - Paint n Sip Coffee day: Paint a Turtle or flowers, sip a cuppa
Lunch @ the Wauchope Country Club or BYO

Thursday 27th: **Taree Bus Outing**

9:30am - Adventure too small goods factory, saxbys and craft shed
Please bring some money for lunch at the Red Dove Cafe

Friday 28th:

9:30am: Spin/Sew/Knit
11am - Social Cook n Eat BBQ: Come in for a lesson, lend a hand or be a social butterfly with friends.
\$7 Contribution RSVP:25/2/25