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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

April 2025

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

April 2025

Tuesday 1st:

9:30am-Gentle Tai Chi: Gentle movement for mobility.

10:30am- Allied Health: TBA

12:30pm - Meet at the RSL Lunch or BYO

Wednesday 2nd:

9:30am - Outing - Port Macquarie Movies - Bridget Jones - About a boy

12:00 - Lunch at Nostalgia **RSVP 28/3/25**

Thursday 3rd:

9:00am - Bus Outing - The Honey Pot at Urunga and Bellingen Shops - Wander the shops of Bellingen and have lunch at your choice. **Limited Seats - Bookings Essential **RSVP 28/3/25****

Friday 4th:

9:30am: Resin Art Workshop: You can either make a beautiful Earrings and or a Key Ring **(\$15) **RSVP 28/3/25****

BYO Lunch

Tuesday 8th:

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

10:30am- Allied Health:

12:30pm - Meet at the Country Club for Lunch or BYO to the Hub

Wednesday 9th:

9:30am - Social Morning and Sing A Long- Join us for games and songs

12:00- Bring money for a Takeaway lunch - Chinese

Thursday 10th:

9:30 am - Bus Outing / Self Drive - North Haven, Bonny Hills and Lake Cathie. We will be walking along the break wall at North Haven and then on to Lunch at the Bonny Hills Cafe overlooking the beach, followed by a leisurely drive to Lake Cathie. **Bookings Essential- **RSVP8/4/25****

Friday 11th:

9:30am: Spin, Knit, Sew and Craft: You can choose what you want - Art Class will be creating coloured **SAND PLANTERS.**

2 Course Meal at the Hub **RSVP 4/4/25 \$7 Contribution**

Tuesday 15th:

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: Hearing Australia

12:30pm - Bago Tavern for Lunch or BYO (Self Drive or car pool)

Wednesday 16th:

9:30am - Bus Outing - Op Shopping - Port Macquarie and or Kendall

RSVP 12/3/25 Limited spots or self-drive

Thursday 17th:

9:30am - EASTER Celebration - Bring some Easter food, and join us for Easter Bingo, trivia and maybe even an Easter Egg Hunt!

Lunch - BYO

Tuesday 22nd:

9:30am - Gentle Chair Exercises: Come on down for some morning motivation and fitness.

10:30am - Allied Health: TBA

12:30pm - Lunch @ RSL or BYO.

Wednesday 23rd:

10am - Bus Outing - Nabiac - Explore the shops of Nabiac and then enjoy a delicious lunch at the Artisan's Shed.

Seats are limited- Bookings Essential **RSVP - 16/4/25**

Thursday 24th:

9:30am - ANZAC Day - ANZAC Day History and Art

Please bring your lunch

Tuesday 29th:

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

10:30am- Allied Health: TBA

12:30pm - Meet at the Hastings Hotel for Lunch or BYO to the Hub

Wednesday 30th:

10am - Bus Outing - Crescent Head and Delicate Nobby - Explore the Macleay Beaches with lunch at the Crescent Head Country Club

Seats are limited- Bookings Essential **RSVP - 23/4/25**