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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:** Guest Jo Kelly Meditation & Chanting  
**12:30pm - RSL Lunch or BYO**

## Wednesday 5th: **World Nutella Day**

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

## Thursday 6th:

**9:00am - Chinese themed arts and crafts day:** Make a lantern / art for the celebration of Chinese New Year  
**Please bring a Chinese cuisine dish to share**

## Friday 7th: **Gladstone Outing**

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

## Tuesday 11th: **International Day of Women and Girls in Science**

**9:30am- Gentle Chair Exercises:** Come on down for some morning motivation.  
**10:30am- Allied Health:** Jill McDonnell talking about My Aged Care  
**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 and celebrate Chinese New Year **Chinese Lunch at the Four Seasons Chinese Restaurant 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 a pink, red or heart Valentine Day 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:** Vital Living - Talking all things to make your life easier  
**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:** Make kind cards for people around the Wauchope Community or people 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:** Basic drawing techniques. Animals etc  
**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 colours for some fun trivia and social fun and laughter.  
**Bring in a fancy fabulous and colourful plate of food to share for lunch.**

## Tuesday 25th:

**9:30am - Chair Yoga:** Gentle movement that keeps you flexible  
**10:30am - Allied Health:** Basic first aid with Jamie Martin  
**1:30pm-3:30pm - 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 a Small Goods Factory, Saxbys and The Craft Shed  
**Please bring some money for lunch at the Red Dove Cafe RSVP 21/2/2025**

## 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**