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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

December 2024

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

December 2024

Tuesday 3th: **International Persons with Disabilities Day**

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

10:30am - Open Craft and Games: Come in for a challenge at scrabble, chess or any of our fun games or do some creative arts and crafts.

Wednesday 4th:

9:30am - Christmas Decoration making: Bring in some craft or use supplies in the hub to create some beautiful Christmas decorations to place around the center.

12pm - Please bring money for Yummy Thai

Thursday 5th: Christmas Card Making:

9:30am - Come in and decorate some Christmas Decorations or make a Christmas Card for a Family Member or Friend.

12pm - Bring in some money for lunch @ Dominoes Pizza

Friday 6th: **Pretend to be a time traveler day**

9:30am - Come in dressed up as a time traveler, play games, join trivia and fun facts.

Please bring in a Lunch plate to share

Tuesday 10th:

9:30am- Tai Chi and Meditation: Gentle movement to assist with flexibility and mobility followed by a guided meditation to balance your mind

10:30am- Allied Health: 6 week program - Week 1

12:30pm - Lunch @ Hastings Hotel

Wednesday 11th:

9:30am - Harrington Bus Outing: Come along for the adventure bus trip down south on the beautiful Barrington Coast.

Please bring some money for lunch at the new Seaview Retro Diner

Thursday 12th: **International Volunteers Day**

9:30am - Come in for a big morning tea to celebrate our beautiful Seniors Hub volunteer

Please bring a Morning Tea plate to share

Friday 13th:

9:30am - Spinning and Open Knitting - bring your wheel or knitting for a social spin/knit n chat.

12pm - CHRISTMAS LUNCH @ WAUCHOPE COUNTRY CLUB. RSVP: 10/11/24

Tuesday 17th:

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

10:30am - Allied Health: 6 week program - Week 2

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

Wednesday 18th:

9:30am - Douglas Vale Historic Homestead and Vinyard Outing: Come in for a bus adventure to Port Macquarie's beautiful vinyard and historic homestead. **Please bring some money for lunch at Noshtalgia Cafe**

Thursday 19th: **International Short Story Day**

9:30am - Come in and share your favorite short stories over a cupper with friends.

12pm - Bring in money for lunch from Lotus Garden Thai Restaurant

Friday 20th:

9:30am - Spinning and Open Knitting/Sewing - Bring your wheel, knitting or crocheting, sit down for some fun, a cuppa and a chat

11:30am - BBQ: Come in for a social BBQ, games & trivia.

\$7 Contribution. RSVP: 18/12/24.

Tuesday 24th: **Christmas Eve**

9:30am- Christmas get together: Come in for a Christmas get together, share the joy and company with friends

RSVP: 19/11/24. Please bring a Christmas Plate full of yummys to share
