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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

January 2025

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

January 2025

Tuesday 7th:

9:30am- Gentle Chair Exercises: Come on down for some morning motivation. Varies from Strength to balance.

10:30am- Allied Health Week 3: Carer Gateway (services available for carers) and **11:15am - Hastings First Aid** (Emergency and basic first aid)

12:30pm - RSL Lunch

Wednesday 8th:

9:30am - Celebrate Elvis's Birthday: Dress up as Elvis and come join a fun filled day with games music and trivia.

12pm - Please bring a plate to share for lunch

Thursday 9th: National Balloon Ascension Day

9:30am - Hot Air Balloon Science experiment: Air balloon making then Bain Park for Ascension competition \$5 supply contribution

12pm - BYO food for a Bain Park BBQ/Picnic

Friday 10th:

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

11:30am - Cooking Class with Leanne

\$7 Contribution. RSVP: 8/1/25.

Tuesday 14th:

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 Week 4: (TBA)

12:30pm - Lunch @ Country Club

Wednesday 15th:

9:30am - Beechwood Bus Outing: Scenic Drive

12pm - Lunch at the Tavern, please bring money, self drive optional

Thursday 16th:

9:30am - Air Dry Clay: Make a Bobble head **\$5 contribution**

Bring in some money for lunch from Dominoes Pizza

Friday 17th:

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

11:30am - Cook n Eat: Come in for a social chat, games & trivia accompanied by a 2-course meal. **\$7 Contribution. RSVP: 15/1/25.**

Tuesday 21st:

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

10:30am - Allied Health: 6 week program - Week 5 (Mid North Coast Allied Health - Falls Prevention) and **11:30am - Dementia Australia**

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

Wednesday 22nd:

10:00am - Abundance Nursery Bus Outing RSVP: 17/1/25

12pm - Bring money for lunch at the lakeside cafe, self drive optional

Thursday 23rd:

9:30am - Aussie Day Arts and Craft Day: Come in for some Aussie inspired Arts and Crafts Day. **Please bring money for Lunch from Happy Inn**

Friday 24th:

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

10:30am - Aussie Day BBQ: Come in for a Aussie BBQ, games & trivia.

\$7 Contribution. RSVP: 18/1/2.

Tuesday 28th:

9:30am - Exercises: Come in for some gentle exercises for your health

10:30am - Allied Health Program Week 6: Terry White Pharmacy (Prescriptions, Vaccinations and Blood Pressure Checks.) and

11:15am - PCYC: Healthy Aging (Exercises).

12:30pm - Lunch @ Hastings Hotel

Wednesday 29th: Port Mac Op Shop Outing -

Come on in for a fun filled shopping spree at the local Port Macquarie Op shops.

Please bring in some money for lunch at the groups choice

Thursday 30th: UFP / Art / Craft -

Come in with your Unfinished Projects or a new Project you would like to start, grab a cuppa and enjoy the company

Bring some money for Lunch at Yummy Thai

Friday 31st:

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

11:30am - Cook n Eat: Come in for a social chat, games & trivia accompanied by a 2-course meal. **\$7 Contribution. RSVP: 15/1/25.**