

# COMMUNITY NEWS

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### To our valued BASScare Clients,

Welcome to our new look newsletter. We're sure you will enjoy it as much as we have enjoyed putting these interesting events together. We've added a monthly calendar of events so it will be easier to save the date for the activities you like most!

We are really excited about the activities coming up in May and June, the highlights being two new active full day trips:

A day trip to McCrae Homestead (which will follow a talk by the National Trust earlier in May) and to the filming of Millionaire Hotseat in Docklands.

It's important that you book and pay for these trips in advance to guarantee your spot.

If that's not enough to keep you entertained we also have a guest speaker from the NGV on the 20th June, who will explore art works from New York's Museum of Modern Art.

Plus a workshop with BASScare staff member Judy Russell on how to get out and about more, using public transport in Boroondara. There will be helpful tips on making your trips safer and more manageable. This event will be held on the 29th May at 1:30pm.

All the other regular activities, for example, exercise, pottery, brain games and lunches continue as normal.

There are spaces in many of these groups for more participants. All welcome.

And finally, we listened to the feedback you gave us after the technology workshops. We are running an information session on internet banking. Bendigo Bank will be showing you how you can use internet banking to pay bills or transfer money.

Booking for all these events is essential. Please phone us on 9880 4700 or better still come in to make the booking at Canterbury Centre and while you're here try out our new coffee machine in the Rochester Community room.

Coming up on Thursday afternoons in July is a new activity for movie enthusiasts. 6 Sessions of snippets, questions, commentary and delights from old and new movies. Presented by BASScare Volunteer Neil Bechervaise.



Warm Regards,

**Vicki Bayly**  
Social Support Manager

# WHAT'S ON

## In May & June

### NATIONAL TRUST SPECIAL LUNCH

#### Guest Speaker from the National Trust

Join us for a delicious 3 course lunch, drinks, and good company as we learn about National Trust buildings and early pioneering life in Victoria. Also book in for the follow up outing to McCrae Homestead on Friday the 25th of May!



- » **Costs: \$20**
- » Wednesday, 9th of May at 11.30am - 2pm
- » Bookings Essential: 03 9880 4700
- » Transport available



### SPECIAL PRESENTATION: MoMA at NGV

#### 130 Years of Modern and Contemporary Art

Join us as we welcome the National Gallery of Victoria's highly experienced Voluntary Guide, Lee Emery, who will bring highlights of the Gallery's Melbourne Winter Masterpieces series to BASScare. View glorious photos and learn about iconic pieces spanning from late-nineteenth century to the present from this unique collection of New York's Museum of Modern Art.

- » Wednesday 20th of June at 10:30am - 12noon
- » 2 Rochester Road, Canterbury
- » Booking essential on 03 9880 4700

### TRANSPORT INFORMATION SESSION

Come along to our information session to find out about transport options and support services available to help you remain mobile, travel safely and confidently and stay independent. Covers Myki card, seniors passes, safety, Companion cards, access for wheelchairs and mobility scooters and much more.

- » Tuesday 29th May at 1:30pm - 3.00pm
- » 2 Rochester Rd, Canterbury
- » Transport available for \$10
- » Booking on 03 9880 4709



On 19th June there will be a follow up practical session - a public transport outing in the local area, giving you a chance to practice using your Myki – touching on and off, topping up and checking your myki balance, understanding timetables, getting on and off buses and trains with confidence.

- » Transport to the Canterbury Centre available for \$10
- » Phone 03 9880 4700 to book.

# WHAT'S ON

## In May & June

### TECHNOLOGY INFORMATION SESSION

#### Online Banking

Following on from our spec-TECH-ular join us for an information session about online banking and security. A representative from the Bendigo bank will join us to provide an general overview of everyday banking tasks using the internet.

Free session to be held at the Canterbury Centre, lunch available afterwards in the dining room for \$12.

- » Thursday the 17th of May at 11.30am – 12.30pm
- » Bookings essential
- » Transport available for \$10
- » Phone on 03 9880 4700

## Services at Canterbury Centre & Marwal Centres

### Hairdressing and Podiatry

Available fortnightly – see Calendar for locations and dates.

- » Hairdressing costs are dependent on what service is required.
- » **Podiatry costs \$12** for pensioners
- » Booking essential

### Meals on Wheels

If you need or know of anyone who would benefit from receiving a regular meal please contact our Meals on Wheels staff on 03 9880 4703. Frozen meals are also available.



# Activities

## Canterbury Centre and Marwal Centres

### Dining Out

Three course lunch at Canterbury Centre

- » Sunday to Friday 12:30pm - 1:30pm
- » **\$12.00 on weekdays** and \$15.00 on Sunday

Three course lunch at Marwal Centre

- » Thursday 12:00 - 1:00pm **for \$12.**

### Exercise Programs

Refer to calendar for dates, times and locations of exercise classes.

We have seven different classes to choose from ranging from gentle chair based exercises to specific falls prevention programs. If you would like to try a class or to find out more about the classes please phone our exercise co-ordinator, Matthew Azzopardi, on 03 9880 4709.

Come and try Tai Chi / Qigong class, this is a gentle 45 minute exercise class which promotes harmony in mind and body.

We are running a **FREE TRIAL** class at Canterbury Centre on **Monday 7th May at 11am.** All welcome!

### Movies

We'd love to see you on a Wednesday afternoon 1:30pm for an entertaining film or documentary. **Cost: \$5 (popcorn and icecream available for \$1).**

- » **May 2nd – The 3rd Man (1949)** – An Oscar winning classic about a pulp novelist who travels to shadowy, post war Vienna, only to find himself investigating the mysterious death of an old friend.
- » **May 9th – No movie** – Special Lunch speaker from National Trust (see Page 2 for details)
- » **May 16th – The Secrets History of the British Gardens (Part 2)** – Documentary exploring the fascinating history and evolution of the British garden, from the 17th century to the modern day.
- » **May 23rd – Hampstead (2017)** – British drama about an American widow (Diane Keaton) who finds unexpected love with a man living wild on Hampstead Heath.
- » **May 30th – A streetcar named Desire (1951)** – A classic American drama adapted from Tennessee William's Pulitzer-winning play. Starring Vivien Leigh and Marlon Brando
- » **June 6th – Joanna Lumley's India (Documentary)** – Joanna Lumley visits the country of her birth for a deeply personal journey around this vibrant & unique nation.
- » **June 13th – No Movie** (Working Bee see Page 8 for details)
- » **June 20th - Victoria & Abdul (2017)** – British comedy-drama about the real-life relationship between Queen Victoria (Judi Dench) and her Indian Muslim servant Abdul.
- » **June 27th – Born Free (1966)** – The story of a couple that raise an orphaned lion cub to adulthood, and then release her in the wilderness of Kenya.

# Activities

## Canterbury Centre and Marwal Centres

### Music – Cool Cats at Canterbury Centre

Come and have a sing with Ruth and the Cool Cats, bring your instruments or have a play on ours... you don't need to be skilled, just willing to join in.

- » **Cost: \$15.00 including afternoon tea.**
- » Tuesday fortnightly between 1.45pm and 3.15pm (8th & 22nd May, 5th & 19th June, see Calendar).

### Brain Games at Canterbury Centre

Join BASScare Volunteers, Bruce, Caroline and Matthew for a challenging afternoon of learning, quizzes and mental activities.

- » Spaces are filling up fast. **Cost: \$5 including afternoon tea.**

### Computer Assistance with iPads, mobile phones or tablets

Book for a free half hour/ one hour one-on-one session with our "computer tutors" Jeff, Ruben, Rick and Tony. Tuesday, Thursday and Friday afternoons (see Calendar).

### Art & Craft classes at Canterbury Centre

- » **Craft** on Wednesday  
1.00pm-4.00pm  
**Cost: \$5**
- » **Pottery** on Thursday  
1.00pm-4.00pm  
**Cost: \$15 (teacher led)**
- » **Watercolour Painting** on Friday  
1.00pm-4.00pm  
**Cost: \$15 (teacher led)**

### Learn, Laugh and Lunch – Wednesday all day program at Canterbury Centre

This program is available for those who have an aged care package or a Carer. Enjoy our fun, stimulating sessions with a wide range of activities, guest speakers and an opportunity to socialise in good company 10:30am onwards.

### Boroondara Blokes

Outings fortnightly on Mondays from Canterbury Centre.


Join the blokes on an outing and pub lunch to:

- » **7th May** – Kinglake Pub \$35
- » **21st May** – Mulgrave Country Club \$30
- » **4th June** – Toolangi Tavern \$31
- » **18th June** – Caulfield R.S.L \$35

# May 2018 BUS TRIPS

FOR BOOKINGS PHONE 9880 4709

Pick-up from home between 10am -11.30am unless otherwise stated

<p>TUESDAY 1<sup>st</sup></p> 	<p><b>Yerring Meadows Golf Club</b> Join us for a drive through the beautiful Yarra Valley followed by a delicious two course lunch at this modern and friendly restaurant.</p>	<p><b>\$37</b></p>
<p>FRIDAY 4<sup>th</sup></p> 	<p><b>Warren Glen Nursey – Active Trip</b> Enjoy a stroll around 5 acres of botanical beauty on the banks of Jumping Creek in Warrandyte. Then partake in a snack or lunch at the on-site café and enjoy a horticultural talk by the gardener.</p>	<p><b>\$15</b> (plus lunch)</p>
<p>TUESDAY 8<sup>th</sup></p> 	<p><b>Mount Macedon Hotel</b> Enjoy a tasty two course meal at this country pub in the heart of the picturesque Mt Macedon. With open fires and wood panelling, the pub has a friendly atmosphere and Old England feel.</p>	<p><b>\$37.50</b></p>
<p>FRIDAY 11<sup>th</sup></p> 	<p><b>Milano's Tavern, Brighton</b> Enjoy the stunning views across Port Phillip Bay at this popular Brighton hotel. After a tasty two course bistro meal we can take a walk along the beach.</p>	<p><b>\$37</b></p>
<p>TUESDAY 15<sup>th</sup></p> 	<p><b>St Kilda Botanical Gardens – Active Trip</b> On this ACTIVE trip we will explore the gorgeous gardens and sub tropical rainforest conservatory then take a 500m stroll to nearby Abbey Road Café for a tasty snack, coffee or lunch.</p>	<p><b>\$15</b> (plus lunch)</p>
<p>FRIDAY 18<sup>th</sup></p> 	<p><b>Earthy Pleasures Café</b> Join us for a drive to the leafy Dandenong Ranges. We will have a delicious lunch or a snack at Earthy Pleasures Café, then explore the local shops.</p>	<p><b>\$15</b> (plus lunch)</p>
<p>TUESDAY 22<sup>nd</sup></p> 	<p><b>Custom House Hotel, Williamstown</b> Enjoy a delicious two course meal at this bayside favourite. Then take a stroll through the park and along the pier, or take time to explore the shops.</p>	<p><b>\$35</b></p>
<p>FRIDAY 25<sup>th</sup></p> 	<p><b>McCrae Homestead</b> Enjoy lunch at Merchant and Maker Café followed by a guided tour of historic McCrae Homestead. Note: Must Book and Pay by 11th May</p>	<p><b>\$25</b> (plus lunch)</p>
<p>TUESDAY 29<sup>th</sup></p> 	<p><b>Public Transport Information Session 1.30-3.00PM</b> Find out about transport options and support services available to help you remain mobile, travel safely and confidently and stay independent. Come for lunch first in the Dining Room for \$12. Lunch time 12:30pm.</p>	<p><b>FREE</b> Transport available \$10</p>

# June 2018 BUS TRIPS

FOR BOOKINGS PHONE 9880 4709

Pick-up from home between 10am -11.30am unless otherwise stated

<p>FRIDAY 1<sup>st</sup></p> 	<p><b>Eastland Shopping Trip</b> Join us on a shopping trip to Eastland in Ringwood. This Centre has a huge range of specialty shops, department stores and cafes to enjoy.</p>	<p><b>\$15</b> (plus lunch)</p>
<p>TUESDAY 5<sup>th</sup></p> 	<p><b>Kings Creek Hotel, Hastings</b> Enjoy a tasty two course meal at this friendly pub in Hastings. Then take a stroll to the foreshore or browse the local shops.</p>	<p><b>\$30</b></p>
<p>FRIDAY 8<sup>th</sup></p> 	<p><b>Lilies on Brougham, Eltham</b> Come and explore these French inspired tearooms, gift shop and boutique nursery adjacent to picturesque Diamond Creek.</p>	<p><b>\$15</b> (plus lunch)</p>
<p>TUESDAY 12<sup>th</sup></p> 	<p><b>Micawber Tavern, Belgrave</b> Join us for a delicious two course bistro meal at this gorgeous pub in the heart of the Dandenongs.</p>	<p><b>\$32</b></p>
<p>FRIDAY 15<sup>th</sup></p> 	<p><b>Xiang Chinese Restaurant</b> This Whittlesea restaurant is always a crowd pleaser! Join us for a delicious lunch of classic dishes with generous portions and great service.</p>	<p><b>\$37</b></p>
<p>TUESDAY 19<sup>th</sup></p> 	<p><b>Public Transport Outing – Active Trip</b> Bring a valid Myki card and catch the bus with us to Camberwell to enjoy a coffee or snack. Then return to Canterbury by train in time for lunch in the Dining Room, if you choose (\$12).</p>	<p><b>FREE</b> Or \$10 for BASScare bus to get to/from Canterbury Centre</p>
<p>FRIDAY 22<sup>nd</sup></p> 	<p><b>Yarra Valley Chocolaterie</b> Join us for a delicious chocolate &amp; ice cream tasting session followed by a ‘giant’ scone, jam/cream and a beverage. Then take a wander through the showroom or 40 acres of landscaped garden.</p>	<p><b>\$30</b></p>
<p>TUESDAY 26<sup>th</sup></p> 	<p><b>Millionaire Hot Seat Filming – Active Trip</b> This all day trip takes us to the Ch9 studios in Docklands to watch the filming of Millionaire Hot Seat. It will be interesting and fun but a long day! Note: Must Book and Pay by 12th June</p>	<p><b>\$15</b> (plus lunch) LONG DAY</p>
<p>FRIDAY 29<sup>th</sup></p> 	<p><b>Caulfield RSL</b> Enjoy a delicious two course lunch and a chat by the open fire. This BASScare favourite is housed in a gorgeous building dating back to 1896.</p>	<p><b>\$35</b></p>



### **Canterbury Centre**

2 Rochester Rd, Canterbury

Phone: 98804700 for bookings or to  
arrange transport

Office Hours: Monday-Friday 9am-3pm

### **Marwal Centre Community Hub and Senior Citizens Club**

9 Marwal Ave, Balwyn North

Phone 9819 7194

Office Hours: Monday-Friday 10am-2pm

## **Transport**

**Transport to and from BASScare centre-based activities is \$10 per return trip.**

A mini bus is available to transport clients to and from lunch at Canterbury Centre, 2 Rochester Road, Canterbury, on Tuesday, Wednesday and Sunday. Booking two days prior is essential.

A bus may also be available to other activities please phone 9880 4700 to check.

Bus pick up areas include: Kew, North Balwyn, Balwyn, Canterbury, Surrey Hills, Camberwell and Hawthorn. Our exercise class pick up covers a smaller geographical location.

We collect from Camberwell, Canterbury, Surrey Hills, Balwyn, North Balwyn and Kew.

## **Office hours for bookings**

Canterbury Centre is open on weekdays from 9am -3pm.

Marwal Centre is open on weekdays from 10am – 2pm.

BASScare community centres, Meals on Wheels office and Community Care offices are closed on public holidays. If the office is unattended please leave a message on the answering machine and we will return your call on the next working day.

## **Working Bee - Diary Date**

Join us for the July/August newsletter mail out on Wednesday 13th June 1:30-3pm at Canterbury Centre, 2 Rochester Road, Canterbury. Enjoy good company, a cuppa and cake from us to say Thank You.

Getting to Canterbury Centre – there is parking out the front of the centre but please take note of the parking restrictions. We are on the 285 bus route or a short walk from Canterbury Station.

There is plenty of parking in the streets near Marwal Centre in Balwyn North.

Or it is a short walk from the Balwyn North Village stop on the 48 Tram.

**If you have any feedback about the trips, activities or groups please let us know.**

**We would love to hear your ideas on any other activities that would interest you and others.**

**We acknowledge the outstanding contribution Volunteers make to BASScare's services and activities.**

This program is part of the Commonwealth Home Support Programme (CHSP), funded by the Australian Government Department of Social Services. [www.dss.gov.au](http://www.dss.gov.au). This program is also supported by the Victorian Government. BASScare also receives valuable financial support from the City of Boroondara.