

July - August 2018

COMMUNITY NEWS

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To our valued BASScare Clients,

We hope you are enjoying our new-look newsletter and are finding the monthly calendar of events useful. This issue we have added in dates for hairdressing and podiatry at the Canterbury and Marwal Centres. Please let us know if there's anything else you'd like included!

Coming up on Thursday afternoons in July is a new activity for movie enthusiasts "Fun with Film". The six sessions will be a mix of snippets, quizzes, commentary and delights from old and new movies. See inside for details.

There is plenty more in store for July and August so we hope you can brave the dreary weather and come and enjoy some fun with us! Some of the highlights include:

- our annual Christmas in July special lunch
- the RAAF Museum at Point Cook
- the 'Boy From Oz' stage show

Winter is also a time to be extra careful on slippery footpaths. Perhaps our Falls Prevention program could give you some confidence and enhance your mobility? We have a new class starting up in August. See inside for further details.

Our Hospitality Manager Camm has launched a new menu, so do come and taste it! Lunches at the Canterbury Centre will now be served in the dining zone of the Main Hall. We will also commence rolling out minor changes to the

building to create a Computer Corner and Community Lounge space.

If you are a bloke who likes spending time with other blokes, come and give our *Boroondara Blokes* outing a try! This friendly group meets every Monday fortnight and enjoy jovial pub lunches and chats at a variety of venues.

We're also keen to add some more voices and/or instruments to our musical group *The Cool Cats* (Tuesdays fortnightly). Why not come and try a session...no skills required! And sticking with the music theme, please save the date Thursday 13th September for our annual Springtime Dance. Bookings are now open.

Our activities and events are open to all over the age of 55. There's also the option for a relative or friend to accompany you on an outing or special event.

We look forward to seeing you soon!
Warm Regards,

Vicki Bayly
Social Support Manager

P.S. BASScare scored 18/18 on our recent Commonwealth Government accreditation! Thank you for your support during this process.



WHAT'S ON

In July & August



CHRISTMAS IN JULY SPECIAL LUNCH

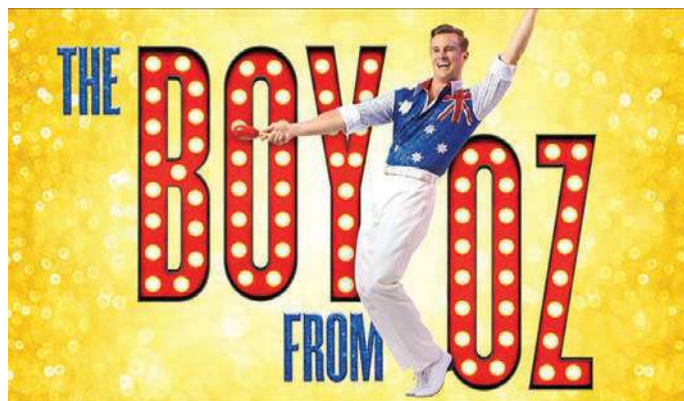
Join us for a delicious 3 course Christmas themed lunch with wine and all the trimmings! Enjoy some Christmas music, a quiz, good food and great company.

- **Costs: \$25**
- Wednesday, 11th of July at 12.15 – 2pm, 2 Rochester Road
- Bookings Essential: 03 9880 4700
- Transport available

SPECIAL EXCURSION: THE BOY FROM OZ

Join us for a matinee performance of this iconic Australian musical at The State Theatre. Rohan Browne and Caroline O'Connor star in the dazzling, funny and moving story of legendary entertainer Peter Allen. The show includes many of his best loved hits including *I Honestly Love You*, *I Still Call Australia Home*, *Tenterfield Saddler* and the show-stopping *I Go to Rio*.

The bus will collect you late morning and you can enjoy a light snack at The Arts Centre if you choose before the 1pm performance.



- **Costs:** Tickets are \$95.00 (lunch not included). Please let us know if you have a companion card.
- Tuesday 14th August
- The State Theatre, The Arts Centre
- Bookings Essential: 03 9880 4700

Must be booked and paid for by Friday 29th June

NEW

FUN WITH FILM: FOR 6 WEEKS ONLY!



Join Basscare volunteer Neil Béchervaise to learn the impact and development of film through a mix of film clips, photos, posters and other media, plus quiz questions. Re-live your favourite movies with others who love film.

- **Costs: \$5.00**
- Thursdays 10 – 11.30am, commencing 12th July
- 2 Rochester Road Canterbury.
- Places limited - book to secure your spot (03 9880 4700).

WHAT'S ON

In July & August

FALLS PREVENTION PROGRAM: COMMENCING IN AUGUST

We invite you to join our 'Falls Prevention' Group Exercise Program to lower your risk of falling, improve your strength, learn and socialise. Commencing in August & concluding in November 2018, this 15-week exercise program has been specifically designed to lower the risk of falls in older adults. The program involves a gradual progression of balance and strengthening exercises, supervised by our experienced exercise instructor. Participants complete a thorough initial and follow up assessment, with an allied health professional, as well as regular education sessions throughout the program.

For more information or to register your interest please contact Matthew Azzopardi or Vicki Bayly on 9880 4700. Limited spaces available, bookings are essential. 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.

SPECIAL PRESENTATION: OLD MELBOURNE CEMETERIES

Join us as we welcome Celestina Sagazio, Historian and Manager of Cultural Heritage at Southern Metropolitan Cemeteries Trust. She will give a presentation about the Old Melbourne Cemetery, which opened in 1837, as well as Melbourne General Cemetery, the first modern styled burial ground and one of the most important historic burial grounds in Australia. The talk will include information on famous interments, buildings, structures and plantings, symbolism on headstones as well as changing cultural values.

- Wednesday 4th July 10:45am - 12:15pm (why not stay on for lunch?)
- 2 Rochester Road, Canterbury, Gold coin donation
- Booking essential on 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 from \$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 Hall

- 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 \$12.00***.

*Private clients please contact reception for prices.

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 9880 4700. The best day to speak to him is Tuesday. You can also email your enquiry to socialsupport@basscare.org.au

Don't forget we now have a Monday morning Tai Chi / Qigong class at the Canterbury Centre. This is a gentle 45 minute exercise class which promotes harmony in mind and body.

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 \$2).**

- **July 4th – Paddington (2014)** This live-action comedy is a charming modern take on the much-loved tale of the bear who makes his way from his home in the Peruvian rainforest to England.
- **July 11th – No movie** – Special Lunch
- **July 18th – North by Northwest (1959)** Alfred Hitchcock's classic about a hapless advertising executive who is mistaken for a government agent by a group of foreign spies, and is pursued across America.
- **July 25th – Australia the Story of Us (Documentary)** More than 50,000 years in the making, comes the extraordinary story about the people, places and events that have shaped our country from the first inhabitants to the present day.
- **Aug 1st – Loving Vincent (2017)** Loving Vincent is a 2017 experimental animated biographical film about the life of painter Vincent van Gogh.
- **Aug 8th – Oddball (2015)** Australian film about a chicken farmer who trains his dog Oddball to protect a penguin sanctuary from fox attacks in an effort to reunite his family and save their seaside town.
- **Aug 15th – No Movie** (Mail out)
- **Aug 22nd - Topsy Turvy (1999)** A witty and entertaining British dramatisation about the famous partnership between lyricist William Gilbert and composer Arthur Sullivan.
- **Aug 29th – Mostly Martha (2001)** German romantic comedy/drama about a workaholic chef who is forced to adjust to major changes in her personal and professional life. (Has subtitles).

Activities

Canterbury Centre and Marwal Centres

Art & Craft classes at Canterbury Centre

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

Boroondara Blokes

Outings fortnightly on Mondays from Canterbury Centre.

Join the blokes on an outing and pub lunch.

- **2nd July** – Growling Frog Golf Course - \$35
- **16th July** – Greensborough RSL - \$30
- **30th July** – Hampton Park Tavern - \$32
- **13th Aug** – Healesville RSL - \$35
- **27th Aug** – Lynbrook Hotel (buffet) - \$37

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 - 3.15pm (3rd, 17th & 31st July, 14th & 28th August)
The Cats also tour occasionally – great fun!

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, Rubin, Rick and Tony. Tuesday, Thursday and Friday afternoons.

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

Enjoy presentations from a wide range of guest speakers, quizzes, learning opportunities, music, laughter and lunch in great company. Ideal if you have a carer or are receiving an aged care package. **A great way to spend a Wednesday!**

We deliver
Meals on Wheels

- **Delicious hot 3 course meals**
- **A nutritious variety of home style cooking**
- **We cater for special diets**
- **Regular caring contact for loved ones**
- **A range of frozen meals available for purchase**



 **03 9880 4703**

July 2018 BUS TRIPS

FOR BOOKINGS PHONE 9880 4700

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

<p>TUESDAY 3rd</p> 	<p>Panton Hill Hotel</p> <p>Join us on a picturesque drive to one of the oldest country pubs in Victoria. Enjoy a hearty two course meal and soak up the magnificent countryside vista.</p>	\$35
<p>FRIDAY 6th</p> 	<p>Kinglake Pub</p> <p>Nestled in the gateway to the majestic Kinglake National Park, this cosy pub offers friendly service, an open fire as well as tasty bistro meals.</p>	\$35
<p>TUESDAY 10th</p> 	<p>Growling Frog Golf Club</p> <p>Sit back and savour the view at this popular lunch spot in Yan Yean. Enjoy a two course meal followed by a chat and stroll in gorgeous surroundings.</p>	\$35
<p>FRIDAY 13th</p> 	<p>Galli Winery Estate Restaurant</p> <p>Join us on a drive to Plumpton to enjoy a two course lunch and relaxing vineyard atmosphere. If you like, you can try the Italian style wines at the cellar door.</p>	\$34
<p>TUESDAY 17th</p> 	<p>The Cove Hotel, Patterson Lakes</p> <p>Join us for a tasty two course bistro meal at this modern venue with spectacular marina views.</p>	\$35
<p>FRIDAY 20th</p> 	<p>The RAAF Museum – Point Cook (Active)</p> <p>We will head to Sanctuary Lakes Hotel for a buffet lunch. Afterwards, enjoy a guided tour of the birthplace of the Australian Flying Corps and gain a unique insight into Australian aviation history.</p>	\$32
<p>TUESDAY 24th</p> 	<p>Boundary Hotel, Bentleigh East</p> <p>Order what you fancy off the menu at this cosy local venue. After lunch, enjoy a flutter in the gaming room if you fancy, or a stroll to the local shops.</p>	<p>\$15 (PLUS lunch)</p>
<p>FRIDAY 27th</p> 	<p>Christmas in July @ Greyhounds Entertainment</p> <p>Join us at this friendly venue and enjoy a Christmas themed three course meal including ham, turkey and plum pudding!</p>	\$33
<p>TUESDAY 31st</p> 	<p>Lynbrook Hotel</p> <p>Enjoy a sumptuous all-you-can-eat buffet at this BASScare favourite. The extensive menu includes a carvery, seafood bar, Asian dishes, Indian curries, gourmet pizzas and delectable desserts.</p>	\$37

August 2018 BUS TRIPS

FOR BOOKINGS PHONE 9880 4700

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

<p>FRIDAY 3rd</p> 	<p>Vue Restaurant, Settlers Run Golf Course Enjoy a delicious meal and amazing views at this picturesque golf club in Botanic Ridge, Cranbourne. You may even spot a kangaroo or brown nosed bandicoot while you dine!</p>	<p>\$15 (PLUS lunch)</p>
<p>TUESDAY 7th</p> 	<p>Lower Plenty Hotel Enjoy a tasty two course meal at this award winning modern bistro. After lunch, you can relax for a chat or visit the gaming lounge.</p>	<p>\$31</p>
<p>FRIDAY 10th</p> 	<p>Palace Cinemas, Balwyn Join us for a film at the charming Balwyn Cinema. Enjoy a snack or light lunch at onsite Café Bianca Noir. We won't know the film until late in July but they have some entertaining ones scheduled!</p>	<p>\$29 (PLUS lunch)</p>
<p>TUESDAY 14th</p> 	<p>Special Outing! The Boy from Oz Join us for a matinee performance of this iconic Australian musical about entertainer Peter Allen. <i>See page 2 for full details.</i></p>	<p>\$95 (PLUS lunch)</p>
<p>FRIDAY 17th</p> 	<p>Hurtsbridge Post Office Café Enjoy a tasty lunch and friendly atmosphere at this heritage listed building in leafy Hurstbridge. Then take a stroll around the quaint local shops.</p>	<p>\$15 (PLUS lunch)</p>
<p>TUESDAY 21st</p> 	<p>Healesville (Active) Enjoy a nice hot bowl of soup and main meal at the RSL. Afterwards take a walk around the township for sightseeing and shopping.</p>	<p>\$35</p>
<p>FRIDAY 24th</p> 	<p>Dava Hotel, Mount Martha Come for a drive down the Mornington Peninsula to the village of Mount Martha where we will enjoy a two course meal of classic bistro food along with breathtaking bay views.</p>	<p>\$34</p>
<p>TUESDAY 28th</p> 	<p>Shopping trip – Forrest Hills Chase (Active) Join us on a shopping trip to Forrest Hills Chase. The centre has a huge range of specialty shops and food outlets as well as Target, Big W and Harris Scarfe.</p>	<p>\$15 (PLUS lunch)</p>
<p>FRIDAY 31st</p> 	<p>Hampton Park Tavern Join us for a tasty three course bistro meal at this modern venue which also features a big screen sports bar and gaming lounge.</p>	<p>\$32</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 4709 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 Sept/Oct newsletter folding and mail out on Wednesday 15th August 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. This program is also supported by the Victorian Government. BASScare also receives valuable financial support from the City of Boroondara.