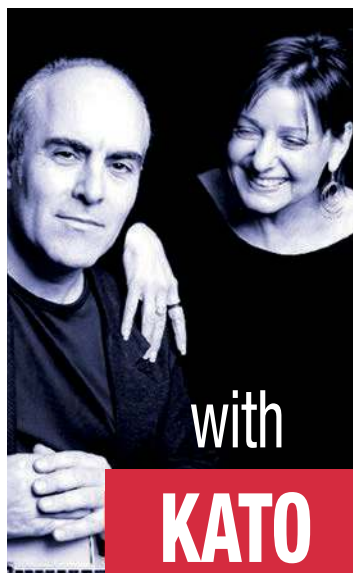


September - October 2018

COMMUNITY AND NEWS WHAT'S ON

- Events & Activities
- Bus Trips
- Services for over 55's



SPRINGTIME DANCE

Put a spring in your step with an afternoon of dancing, fun and festivities at our annual Springtime Dance. There will be a performance by musical duo Kato, who wowed the crowd at last year's event and got everyone on their feet! Book a table for you and your friends.

- **Costs:** \$20 (including a light lunch)
- Thursday 13th September, 11.30am – 3pm
- MARWAL CENTRE 9 Marwal Avenue Balwyn North
- Bookings Essential: 9880 4709 – Transport available



FOOTY FEVER SPECIAL LUNCH!

Grab your beanie and scarf and join us for our annual Footy Fever special lunch. There will be a delicious 3 course lunch with wine and beer, plus games, a quiz, and plenty of laughs with great company. Will your team be victorious?

- **Costs:** \$20
- Wednesday 26th September, 12.15 – 2pm
- Canterbury Centre, 2 Rochester Road.
- Bookings Essential: 9880 4709
Transport available

WHAT'S ON In September & October

Vicki Bayly
Social Support Manager



To our valued BASScare Clients,

I can't believe we are already over halfway through 2018! So it must be true that time flies when you're having fun. We hope that you enjoy the myriad of activities we have on offer at BASScare. In this day and age when the pace of life seems to be getting faster and faster we strive to ensure that we provide you with ample opportunity to connect with friends new and old.

We are now starting to plan the activities and outings for 2019. This is always a good time to pause and reflect on what we have done and to put our thinking caps on about enhancing our current program or introducing something new. We would love to hear any ideas you have so that we can incorporate this into our planning and schedule for 2019.

Often you have commented that you feel like you are coming to a club, and this is where you feel connected to the people around you. Much like a club, we will be gradually introducing and distributing a membership card (free of charge!). Over the next 4 months our BASScare clients who are registered with My Aged Care and attend classes and activities regularly will receive a card. For anyone needing help with registering on My Aged Care please chat to one of us or enrol in our computer kiosk for assistance.

There is no doubt everyone loves a bargain. BASScare registered clients get frozen meals from BASScare's frozen ready to heat and eat meal range for only \$7.00 per meal. The normal retail price is \$11.70. They are only available from Canterbury Centre at this stage however plans are afoot for more outlets, which we'll let you know about, in due course. Talking of bargains, Eileen the Hairdresser, cuts hair for only \$23.00 for ladies and \$15.00 for men. She works fortnightly from both Canterbury Centre and Marwal Centre. Bookings can be made at Canterbury Centre reception and Marwal Centre. She will have you looking and feeling a million dollars!

To make things even easier we've introduced an eftpos machine at Canterbury Centre reception. So for our clients who prefer not to carry cash we can take payment on card. We encourage you to consider monthly payment upfront for the groups or activities you attend.

We have a jam packed calendar for September and October. Here are some of the highlights of the spring activities. More details about these activities, outings and lots more are provided on the pull out calendar inside:-

- **September Special Lunch - Footy Fever** on 26th September at 12:15.
- **Springtime Dance with music by Kato** on 13th September at 11:30am.
- **Sunday lunch** is being served at Faversham House, 27 Shierlaw Avenue, from 12:30-1:30.
- **Spring Special outing** is to **Living Legends**, the retirement home of champion race horses, in Greenvale.
- **Cool Cats** (music ensemble) play Tuesday fortnightly.

Please remember to book for these activities and outings. Friends and family (over 55's) are most welcome.

Lastly, our programs would not run without the generosity of so many volunteers. They give their time and expertise in so many different ways. If you would like to share any stories you might have about your interactions with the volunteers at BASScare that would be fantastic. We are making a video which will be shown at the Volunteer end of year celebration as a way of saying thank you for what they do. Janet Crago, our Marketing Manager, would love to hear from you.

Thank you for your ongoing support
Warm Regards,

Vicki Bayly

WHAT'S ON In September & October

Hello Hello!!!

SPECIAL PRESENTATION

How we communicate in 2018.

Join Basscare volunteer Bruce Holloway, host of our popular Brain Games sessions, to discuss how communications have changed in our lifetime and the impact that the Internet and the National Broadband Network (NBN) is having on our lives.

- Thursday 4th October, 1:45pm – 2:30pm followed by tea and coffee.
- Canterbury Centre, 2 Rochester Road, Canterbury

GOLD COIN DONATION. BOOKING ESSENTIAL ON 9880 4703.

Meals on Wheels

Home cooked meals for older people in Boroondara delivered by a friendly caring volunteer.



FROZEN MEALS

Ready to heat and eat frozen meals are available from Canterbury Centre

for only \$7.00*

*for BASScare registered clients.

9880 4703

Services at Canterbury Centre & Marwal Centres

Hairdressing and Podiatry

Hairdressing and podiatry are available fortnightly – see calendar insert for locations and dates.

Booking Essential on
9880 4700 - Canterbury Centre
9819 7194 - Marwal Centre.

- **Podiatry prices from \$12** for pensioners (first appointment \$24.00 for initial assessment and registration)

Hairdressing prices

- Ladies' Cut \$23
- Mens' Cut from \$15
- Shampoo and Set \$27
- Permanent Wave (incl. cut & set) \$75
- Permanent Colour / Tint \$43

Activities

Canterbury Centre and Marwal Centres

Dining Out

Enjoy a tasty three course lunch for **\$12.00**

Canterbury Centre Hall Monday to Friday 12:30pm - 1:30pm

Marwal Centre Thursday 12.00 - 1.00pm*.

*Private clients please contact reception for prices.

Exercise Programs

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

We have six 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 4709.

The best day to speak to him is Tuesday.

You can also email your enquiry to m.azzopardi@basscare.org.au



MOVIES

We'd love to see you on a Wednesday afternoon at 1:30pm for an entertaining film or documentary.

Cost: \$5 (popcorn \$1 and icecream available for \$1).

- **Sept 5th – Steel Magnolias (1989)** A charming comedy/family drama about the bonds of female friendship. Starring Sally Field, Julia Roberts and Dolly Parton.
- **Sept 12th – The Dam Busters (1955)** This epic action film tells the story of the “bouncing bomb” designed by the British to destroy Nazi dams in World War 2 Germany.
- **Sept 19th – On Golden Pond (1981)** Drama/romance starring Henry Fonda, Katherine Hepburn and Jane Fonda and set in the gorgeous New England countryside.
- **Sept 26th – No Movie – Football Special Lunch**
- **Oct 3rd – Joanna Lumley’s Japan (Documentary)** British actress Joanna Lumley travels across Japan, from the icy Siberian seas of the north, to the subtropical islands of the south.
- **Oct 10th – Life is Beautiful (1997)** This Oscar winning Italian comedy/drama tells the story of a Jewish librarian and his son who become victims of the Holocaust. The father uses a perfect mixture of will, humor, and imagination to protect his son from the dangers around their camp.
- **Oct 17th – No Movie (Mail out)**
- **Oct 24th - Lady Macbeth (2016)** Drama set in rural England, 1865, where a woman trapped in a loveless marriage to a much older man begins a passionate affair with a man her own age.
- **Oct 31st – Fried Green Tomatoes at the Whistle Stop Cafe (1991)** A housewife who is unhappy with her life befriends an old lady in a nursing home and is enthralled by the tales she tells of people she used to know back in 1920s Alabama.

Activities

Canterbury Centre and Marwal Centres



Computer Assistance with iPads, mobile phones or tablets at Canterbury Centre

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.

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 1.45pm - 3.15pm (11th and 25th September, 9th and 23rd October)
The Cool 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 brain challenging activities.

- **Cost: \$5 including a cup of tea.**

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) |

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!



Boroondara Blokes

Outings fortnightly on Mondays from Canterbury Centre.

Join the blokes on an outing and pub lunch.

- | | | |
|--------------------|------------------------------|---------|
| • 10th Sept | Whittlesea Bowls Club | \$31.50 |
| • 24th Sept | The Grand Mornington | \$33.00 |
| • 8th Oct | Glasshouse Bistro, Caulfield | \$29.00 |
| • 22nd Oct | Anglers Tavern | \$34.00 |



There is room for more on the bus at present! Call Tania or Janet on 9880 4709 to book your seat!

September 2018 BUS TRIPS

FOR BOOKINGS PHONE 9880 4700

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

 TUESDAY 4 th	Knox Club Enjoy a tasty two course meal at McCluskeys Bistro with views of the Dandenong Ranges then stay for a chat or take a visit to the gaming lounge.	\$31.00
 FRIDAY 7 th	Living Legends, Greenvale – Active Trip! Explore the home of retired race horse champions at Woodlands Historic Park. You will be able to take a guided tour of the paddocks, meet the horses and explore the historic homestead. Devonshire tea will be served in The Black Caviar Café. Approx. 800 metres of walking involved.	\$39.50
 TUESDAY 11 th	Gardenworld Join us as we explore this unique and inspiring horticultural experience in Braeside – covering 3 ½ hectares of plants, landscaping and gifts including bonsai, cacti, fossils and orchids. Enjoy a delicious snack or hearty lunch at the spacious café.	\$15.00 (plus lunch)
 FRIDAY 14 th	The Grand Hotel, Mornington Enjoy a scenic drive down the Peninsula followed by a delicious pub lunch and a chance to stretch your legs, visit the shops or sit and enjoy the sea view.	\$33.00
 TUESDAY 18 th	Whittlesea Bowls Club Join us as we head north to Whittlesea where we will browse the shops and enjoy a two course meal overlooking the greens at the Bowling Club.	\$31.50
 FRIDAY 21 st	Mont de Lancey Homestead Come and enjoy the many delights of Mont de Lancey homestead in the heart of the Yarra Valley. Take a guided tour of the 1880s homestead, including blacksmiths shop, Chapel, historic kitchen, home dairy, stunning gardens and vintage engine shed. Then enjoy a light lunch or Devonshire tea in the gorgeous art deco tearooms.	\$23.00 (plus lunch)
TUESDAY 25 th	Glasshouse Bistro, Caulfield Join our friendly group for a social two course bistro lunch at this BASScare favourite. After lunch, stretch your legs and enjoy a stroll around the lovely rose gardens.	\$29.00

October 2018 BUS TRIPS

FOR BOOKINGS PHONE 9880 4700

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

 TUESDAY 2 nd	Ricketts Point Tea House – Active Trip! Enjoy a bracing beach walk or explore the rock-pools followed by a delicious snack or lunch at this historic Beaumaris café.	\$15.00 (plus lunch)
 FRIDAY 5 th	Anglers Tavern – Maribyrnong Enjoy a tasty two course meal at this friendly tavern followed by a drive through Pipemakers Park.	\$34.00
 TUESDAY 9 th	Banksia Nursery Café Come and explore this gorgeous family run nursery in Wantirna. Enjoy the colour of the springtime flowers and blossoms then choose a tasty snack or light lunch at the on-site café.	\$15.00 (plus lunch)
 FRIDAY 12 th	Marysville – Active Trip! Enjoy a scenic drive across Black Spur to the picturesque township of Marysville. We will stop for lunch then take a 700 metre stroll (round-trip) to view the stunning 84 metre high Stevensons Falls.	\$15.00 (plus lunch)
 TUESDAY 16 th	Werribee Italian Club A BASScare favourite, enjoy a two course meal then stay for a chat or take a visit to the gaming lounge.	\$30.00
 FRIDAY 19 th	Pelican Societe, Hastings Come for a drive down the Peninsula and enjoy a delicious lunch at this friendly and stylish venue overlooking the pier and the moored yachts.	\$15.00 (plus lunch)
TUESDAY 23 rd	Spencer's Store, Gembrook Join us for a delicious snack or meal at this popular café then explore the shops and local attractions of picturesque Gembrook village.	\$15.00 (plus lunch)
FRIDAY 26 th	Royal Botanical Gardens Cranbourne – Active Trip! Take a stroll through one of Victoria's most precious areas of native bushland and be inspired by the stunning Australian Garden. Then enjoy a light picnic lunch (included) and if you fancy take a trip on the Garden Explorer train (extra cost \$8).	\$22.00
TUESDAY 30 th	Cunninghams Hotel, Yarra Junction Join us for a hearty two course meal at this friendly venue which also features a big screen sports bar and gaming lounge.	\$32.50



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

Web: www.basscare.org.au

f BASScareAgedCare

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, Thursday 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 Nov / Dec newsletter folding and mail out on Wednesday 17th October 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.