

November - December 2018

COMMUNITY AND NEWS WHAT'S ON

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



CHRISTMAS LUNCH

Book now for traditional Christmas lunch with all the trimmings, champagne, prizes and musical entertainment by Gavin Liddell and of course a visit from Santa!

- **Costs:** \$25 includes 3 courses and champagne
- Wednesday 19th December, 12.15 – 2.30pm
- Canterbury Centre, 2 Rochester Road

Bookings Essential: 9880 4709.
Transport available

SPECIAL PRESENTATION

NATIONAL GALLERY OF VICTORIA HISTORY OF AUSTRALIAN ART



Join highly experienced NGV guide Lee Emery as she brings us the stories behind Australian artworks. Her talk will describe paintings from Colonial, Gold Rush, Marvellous Melbourne, and Federation periods. Australian impressionists and modern styles and indigenous art will be discussed. It promises to be a fabulous morning of history and glorious artworks from our world class collection.

- Gold coin donation. Bring a friend.
- Wednesday 21st of November, 10.30am – 12noon
- Canterbury Centre, 2 Rochester Road.

Bookings Essential: 9880 4709. Transport available.
Book for a \$12.00 3 course lunch following the presentation.

WHAT'S ON In November & December

Vicki Bayly
Social Support Manager



To our valued BASScare Clients,

If you haven't seen us lately at 2 Rochester Road you won't be able to miss us on your return! We have had a facelift on the outside with a fresh coat of paint...pop in and re-acquaint yourself with lime green!

We are equally excited about the new programs you can attend:

- **Exercise Physiology** a one on one personal exercise class for better health!
- **New outing destinations:**
 - Werribee Rose Garden
 - Monash Art Gallery
 - Mount Macedon
 - Christmas shopping at Waverley Gardens and we're introducing a short outing option to Acorn Nursery for those of you who would prefer not to sit on the bus for too long – see the calendar for details.
- **Dancing:** If a traditional exercise class is not your cup of tea then we have just the thing for you – Dancing. During Seniors Week, we ran 'ChaCha and Chow', a dance class with a difference. This was so successful that we are running more dancing to keep fit (and have fun) sessions. Give it a try on Thursdays fortnightly in 2018.
- **Ready to heat and eat Frozen Meals** are available at Canterbury and Marwal centres to provide a delicious take-home dinner you don't need to cook, for a great price!

While we are on the subject of new, plans are underway to have a dedicated computer kiosk at Canterbury Centre. We are planning to have this ready in early 2019.

A reminder to all gentlemen about the 'Boroondara Blokes' outings. We have three trips planned for the rest of the year (Mondays fortnightly). See the calendar insert for more information.

There are spaces in the Brain Games group on a Monday afternoon. Grab this opportunity to sharpen your mind with general knowledge and quiz sessions. Brain Games group is run entirely by volunteers Bruce, Caroline and Matthew. Bring a friend and book for lunch beforehand on 98804709.

We would not be able to offer the activities or outings to our clients without the support of our dedicated Volunteers. Whether they are serving lunch at our centres or in your home, helping in our exercise groups and special interest groups, one-on-one computer tutoring, Brain Games, and Cool Cats music group, or helping out on the buses. Our heartfelt thanks to them all.

We would like to thank the Rotary clubs of Canterbury and Camberwell and our tenant Canterbury Neighbourhood Centre for their goodwill and co-operation throughout 2018. Thanks to all our partners, North Balwyn Senior Citizens' Club, Life Activities Club Balwyn and Access Health for sharing their knowledge and expertise throughout the year.

The Social Support Office will close over Christmas from 21st December and re-open on 7th January. Make sure you join us for the Christmas Lunch on Wednesday 19th December... we have musical entertainment provided by Gavin Liddell who got our toes tapping at our mid-year function! Bring your friends and book now on 9880 4709.

Wishing you all and safe and happy festive season.

Vicki Bayly

WHAT'S ON

In November & December

PIANO CONCERT A WONDERFUL MORNING OF CLASSICAL MUSIC



Classical Pianist Nerida Evans returns to bring us a wonderful morning of popular pieces from renowned composers. Chopin Nocturnes, Mozart Sonata, Bach, Schubert and concluding with Debussy's beautiful Clair de Lune.

- Wednesday 28th November, 10:30am – 12noon
- Canterbury Centre, 2 Rochester Road, Canterbury
- Lunch served afterwards for \$12 please let reception know if you would like to book.

GOLD COIN DONATION.
BOOKING ESSENTIAL ON 9880 4709.

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 4709 - Canterbury Centre
9819 7194 - Marwal Centre.

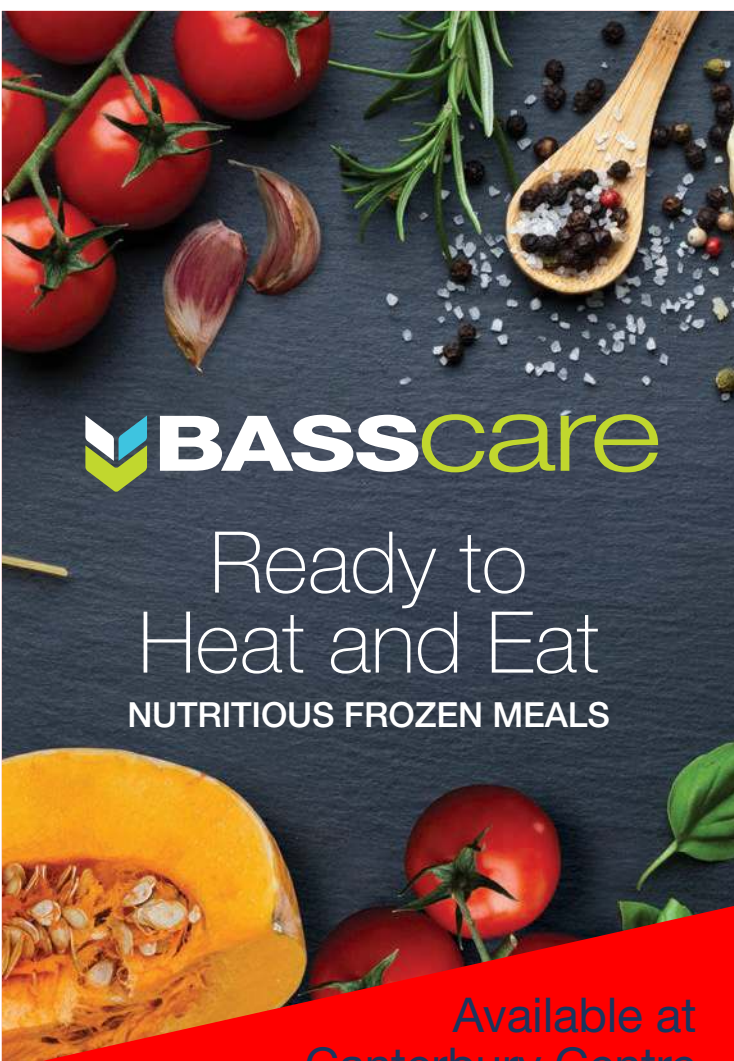
- **Podiatry prices from \$12** for pensioners (first appointment \$24.00 for initial assessment and registration)

Hairdressing prices

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

Meals on Wheels

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



BASScare

Ready to
Heat and Eat
NUTRITIOUS FROZEN MEALS

Available at
Canterbury Centre

Only \$7.00*

*for BASScare registered clients.

9880 4703

What's on at Canterbury Centre 2 Rochester Road Canterbury

Dining Out Enjoy a tasty three course lunch

Canterbury Centre Hall Monday to Friday 12:30pm - 1:30pm for **\$12.00**
27 Shierlaw Ave, Canterbury Sunday 12.30 for **\$15.00.**

Exercise Programs Refer to calendar insert for dates, times and locations

We have numerous classes ranging from gentle chair based exercises, to strength and balance classes. Our Falls Prevention Group Exercise & Education Program is specifically designed to reduce your risk of falls. The next Falls Prevention program will commence in early 2019.

BASScare also offers individual supervised Exercise Physiology (EP) sessions. An EP is a university-qualified allied health professional equipped with the knowledge, skills and competencies to design, deliver and evaluate safe and effective exercise interventions & programs for a range of health conditions and overall wellbeing. The EP will work one-on-one with you to design exercises specific to your current needs.

To find out more or to book, please phone our Exercise Co-ordinator & Exercise Physiologist Matthew Azzopardi on 9880 4709 or email m.azzopardi@basscare.org.au. Or speak to Vicki or Tom at Canterbury Centre.

MOVIES

We'd love to see you on a Wednesday afternoon at 1:30pm for an entertaining film or documentary. **Cost: \$5.00 (icecream available for \$1.00).**

- **Nov 7th – The Post (2017)** – Directed by Steven Spielberg and starring Meryl Streep and Tom Hanks, this political thriller tells the true story of the first female newspaper publisher and her hard-driving editor as they attempt to expose a massive government cover-up.
- **Nov 14th – Pandora and the Flying Dutchman (1951)** – Fishermen in 1930s Spain find the bodies of a 17th-century Dutch sea captain (James Mason) and a woman (Ava Gardner) willing to die for him in this critically acclaimed classic drama.
- **Nov 21th – Tony Robinson Down Under (Documentary)** – Actor and comedian Tony Robinson travels to Australia exploring the nation's ancient, magical story.
- **Nov 28th – Going in Style (2017)** - Desperate to pay the bills and come through for their loved ones, three ageing lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money. Starring Morgan Freeman and Michael Caine.
- **Dec 5th – Planes Trains and Automobiles (1987)** – Get in the Christmas spirit with this classic comedy about two strangers working together to overcome the insanity of holiday travel to reach their loved ones by Christmas. Starring Steve Martin and John Candy
- **Dec 12th** – No Movie (Newsletter Mail out)

Movies resume mid January. Be sure to check next newsletter addition for whats coming up!

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, and Rick. Tuesday, Thursday and Friday afternoons.

What's on at Canterbury Centre 2 Rochester Road Canterbury

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
- No session 6th November (Melbourne Cup).
Final session for 2018 – 20th November at Camberwell Green

Brain Games at Canterbury Centre

Join BASScare Volunteers, Bruce, Caroline, and Matthew for an afternoon of quizzes and brain-challenging activities. **12th November** - Neil from our *Fun with Film* class will make a guest appearance. No Brain games on 5th November.

- **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 whose interest areas are matched with the interests of the participants. We make sure it's a very relaxed and fun environment to learn and have lunch with great company. This group is ideal if you and your carer need some time out on the same day. If you don't have a carer but would like to attend please phone to find out the eligibility criteria.



Boroondara Blokes

Outings fortnightly on Mondays from Canterbury Centre. Join the blokes on an outing and pub lunch.

- **5th Nov** Westernport Hotel, Hastings \$35.00
- **19th Nov** Kinglake Pub \$35.00
- **3rd Dec** Terminus Hotel, Healesville \$31.00
- **17th Dec** Tooradin Sports Club \$33.00



**Spare seats on the bus,
so let your friends know!
Please call Janet or Tania
9880 4709 to find more.**

What's on at Marwal Centre 9 Marwal Avenue, North Balwyn

Dining Out

Three course lunch at Marwal Centre
Thursday 12:00-1:00 pm, \$12.00

Phone to book 9819 7194



Exercise Classes

Gentle Strength & Balance on Thursdays 10 – 11am

November 2018 BUS TRIPS

FOR BOOKINGS PHONE 9880 4700

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

<p>FRIDAY 2nd</p> 	<p>Stables of Como Take a wander through the luxurious manicured gardens of Como House in South Yarra. Then enjoy a light lunch in the on-site café, situated in the converted horse stables of the 1847 mansion.</p>	<p>\$15.00 (plus lunch)</p>
<p>FRIDAY 9th</p> 	<p>The Great Provider Café, St Kilda Soak up the seaside atmosphere at this fabulous St Kilda eatery. Enjoy a light lunch on the deck overlooking the marina, then sit back and enjoy the view or stretch your legs along the foreshore.</p>	<p>\$15.00 (plus lunch)</p>
<p>TUESDAY 13th</p> 	<p>Westernport Hotel, Hastings Enjoy a delicious three-course meal at this friendly pub in the heart of Hastings. Then take a stroll to the foreshore or browse the local shops.</p>	<p>\$35.00</p>
<p>FRIDAY 16th</p> 	<p>Werribee Park Rose Garden – Active Trip! Enjoy a light picnic lunch (BASScare provided) in the stunning formal gardens surrounding Werribee Historic Mansion including 5 hectares with 5000 roses in the Victorian State Rose Garden.</p>	<p>\$22.00</p>
<p>TUESDAY 20th</p> 	<p>Lynbrook Hotel Join us at this BASScare favourite to savour the delights of this international themed, all-you-can-eat buffet featuring enticing entrees, magnificent mains and divine desserts.</p>	<p>\$31.50</p>
<p>FRIDAY 23rd</p> 	<p>Christmas Shopping Trip to Waverley Gardens Active Trip! Get your Christmas shopping sorted! Waverley Gardens has 100+ shops offering gifts, homewares, fashion, Manchester and more. Check out the Vegas Club entertainment complex for lunch and pokies or there is a range of cafes for a coffee or something smaller.</p>	<p>\$15.00 (plus lunch)</p>
<p>TUESDAY 27th</p> 	<p>Monash Gallery of Art – Active Trip! Come and enjoy an art experience inside and out. The gallery is home to over 3000 nationally significant Australian photographic works and the landscaped grounds are a sculpture park. Enjoy a coffee or lunch at the on-site café.</p>	<p>\$15.00 (plus lunch)</p>
<p>FRIDAY 30th</p> 	<p>Mount Macedon – Active Trip! Come and enjoy the stunning views, glorious gardens and wild bush of the Macedon Ranges. We will explore the local area and enjoy lunch at the Trading Post Café, home of award-winning pies and scrumptious local produce</p>	<p>\$15.00 (plus lunch)</p>

December 2018 BUS TRIPS

FOR BOOKINGS PHONE 9880 4700

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

<p>TUESDAY 4th</p> 	<p>Acorn Nursery – Short Trip! Do you fancy an outing closer to home? Join us for a trip to Acorn Nursery in Surrey Hills. The nursery has plenty of plants and flowers for gardening inspiration while the gift shop is packed with a gorgeous array of homewares, fashion and giftware. We will enjoy a coffee or light lunch at the Oaks Café and return home in the early afternoon.</p>	<p>\$10.00 (plus lunch)</p>
<p>FRIDAY 7th</p> 	<p>Alowyn Gardens, Yarra Glen - Active Trip! Set in 4 acres, these glorious gardens feature six distinct areas radiating out from a 100m long wisteria and rose covered arbour. Enjoy a stroll through the gardens followed by a delicious lunch of mixed sandwiches, cake and fruit platters at the on-site café and an informal talk with the owners about the garden design and plantings.</p>	<p>\$44.00</p>
<p>TUESDAY 11th</p> 	<p>Toolangi Tavern Join us on a trip through the stunning Yarra Valley to enjoy a tasty two-course meal overlooking the Toolangi State Forest. This family-run pub prides itself on its fresh local produce and friendly service</p>	<p>\$33.00</p>
<p>FRIDAY 14th</p> 	<p>West Waters Hotel, Caroline Springs Enjoy a delicious three-course lunch at this award winning venue overlooking the lake at Caroline Springs. Afterwards, take a stroll by the lake or visit the gaming lounge.</p>	<p>\$35.00</p>
<p>TUESDAY 18th</p> 	<p>Olinda - Active Trip! Come for a drive through the picturesque Dandenong Ranges to the historic township of Olinda, once home to artist Arthur Streeton. Enjoy a tasty meal in the courtyard garden at Olinda Café, then stroll the main street or browse the many local shops...there's even an old-fashioned sweet shop!</p>	<p>\$15.00 (plus lunch)</p>
<p>FRIDAY 19th</p>	<p>BASScare Christmas Lunch Join us for some Christmas cheer at the Canterbury Centre. Bus pick up is available, \$10 return. BOOKING ESSENTIAL ON 9880 4709. Music – Gavin Liddell</p>	<p>\$25.00</p>



No Outings 21st of December – 7th of January



<p>Canterbury Centre 2 Rochester Rd, Canterbury Phone: 98804700 for bookings or to arrange transport Office Hours: Monday-Friday 9am-3pm</p>	<p>Marwal Centre Community Hub and Senior Citizens Club 9 Marwal Ave, Balwyn North Phone 9819 7194 Office Hours: Monday-Friday 10am-2pm</p>
<p>Meals on Wheels Office Hours: Monday-Friday 9am-4pm</p>	

Web: www.basscare.org.au

 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 Jan / Feb newsletter folding and mail out on Wednesday
12th December 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.