

January - February 2019

# COMMUNITY AND NEWS WHAT'S ON


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



## SPECIAL EVENT

### AUSTRALIA DAY LUNCH

Come and celebrate Australia Day with BASScare on the 23rd of January. It's sure to be a pearler with plenty of Aussie tucker. We'll have a barbie full of bangers, a dinky-di bit of Pav and some ANZAC bickies to boot. 'Av a go at a few of the Aussie games or just sit back and listen to a few ripper tunes!

- 
- **Costs:** Event = \$20  
Transport = \$5 each way
  - Wednesday 23rd January,  
12.15pm – 2.30pm  
Canterbury Centre, 2 Rochester Road

For bookings and inquiries please phone 9880 4709



## in January & February

### To our valued BASScare Clients,

As the year comes to a close we look forward to celebrating with you at our special Christmas Lunch on Wednesday 19th December. We are also hosting a lunch at Faversham House on Christmas Day, please contact reception by 20th December if you would like to book for this (transport available).

We are delighted to be launching our 2019 program! We've been busy planning a fabulous schedule of destinations, discoveries, events and activities to whet your appetite. Inside you'll find details of the wealth of options we offer to keep you entertained, active and engaged with life. Why not try an activity and stay on for a meal? We serve a tasty three course meal six days a week, plus there's also the option to purchase frozen meals to enjoy at home. Please refer to the enclosed calendar to check 2019 resumption dates for all our activities and services.

Our focus is aiding you to enhance your wellbeing through socialising, learning and exercising in a friendly and supportive environment where you mix with others from your local community. You can join with friendly, creative participants to learn skills in craft,



pottery and watercolour painting, exercise your brain and your funny bone at our weekly Brain Games sessions, or enjoy our range of visiting speakers. Why not try a visit to the Marwal Centre on Mondays and dance with the North Balwyn Senior Citizens Club? We look forward to welcoming you at a BASScare venue soon.

Wishing you all a happy, healthy and safe Christmas wherever you spend it. We very much look forward to spending time with you in the New Year!



### SPECIAL INFORMATION SESSION

### ONLINE SHOPPING



We'll help you make sure your fridge is always stocked full of groceries. Forget navigating busy car parks or lugging around heavy bags...

An informative presentation on on-line shopping. Including a demonstration showing you how to use the internet to order fresh food straight to your front door.

- **Costs:** Gold coin donation with transport available for \$5 each way
- Thursday 14th February, 1.30pm – 3pm  
Canterbury Centre, 2 Rochester Road.

**For bookings and inquiries please phone 9880 4709**

# What's on

## New Year , New Beginnings



### INTER-GENERATIONAL MUSIC GROUP

BASScare seniors, including the Cool Cats, will join up with Canterbury Neighbourhood Centre pre-schoolers for this all new music group!

This research-based, award-winning music program brings together children and older adults through music and play. The group incorporates fun, multi-sensory activities, designed to encourage positive interactions between generations.

- **Costs:** \$15 per session (if you would like to bring a recognised carer or support person, 2 people for \$15) \*conditions apply
- **Commencing: Friday 8th February**  
10.30am to 11.15am  
followed by morning tea  
Canterbury Centre, 2 Rochester Road

### CONCERT LUNCH

with **INVENTI ENSEMBLE**  
touring Melbourne from the  
**Melbourne Recital Centre**

BASScare's Canterbury Centre will be transformed into a dining concert hall as we welcome you to enjoy the Melbourne Recital Centre's Invention Ensemble!



Invention Ensemble is a dynamic chamber music ensemble drawing together Australia's finest soloists and chamber musicians. Internationally, Invention Ensemble have performed at music festivals in the UK, Abu Dhabi, Bahrain, Prague, Italy and the USA.

Be quick as tickets will sell fast!

- Monday 18th of March, 12.15pm – 3pm  
Canterbury Centre, 2 Rochester Rd
- **Costs:** Concert & 3 course lunch = \$12  
Great value, tables of eight people.  
Transport = \$5 each way per person

**For bookings and inquiries please phone 9880 4709**

# We like to

## MOVE IT, MOVE IT !



**Keeping mobile and limbering up as we age is great for our health and increases our feeling of wellbeing**

### EXERCISE PHYSIOLOGY

BASScare offers individual supervised Exercise Physiology (EP) sessions.

An EP is a university-qualified allied health professional equipped with specialist knowledge and skills to design, deliver and evaluate safe and effective exercise interventions & programs for a range of health conditions and overall wellbeing. Our EP will work one-on-one with you to design exercises specific to your current needs.



**To find out more or book, please phone our Exercise Co-ordinator & Exercise Physiologist Matthew Azzopardi on 9880 4709 or email [m.azzopardi@basscare.org.au](mailto:m.azzopardi@basscare.org.au).**

### FALLS PREVENTION 2019

This exciting new program will help you reach your New Year's goals of staying healthy, happy and independent. We've added new equipment, dynamic movements and functional tasks to challenge your balance. Combined with our new post-class information series this holistic program will help improve your strength, balance and confidence.

- 16 week program starting in March
- Weekly classes with informative sessions
- Take home handouts and home exercise program



**COMMENCING MARCH**

**For bookings and inquiries please phone 9880 4709**

# Staying connected

## in the digital age

### BC-CONNECTED

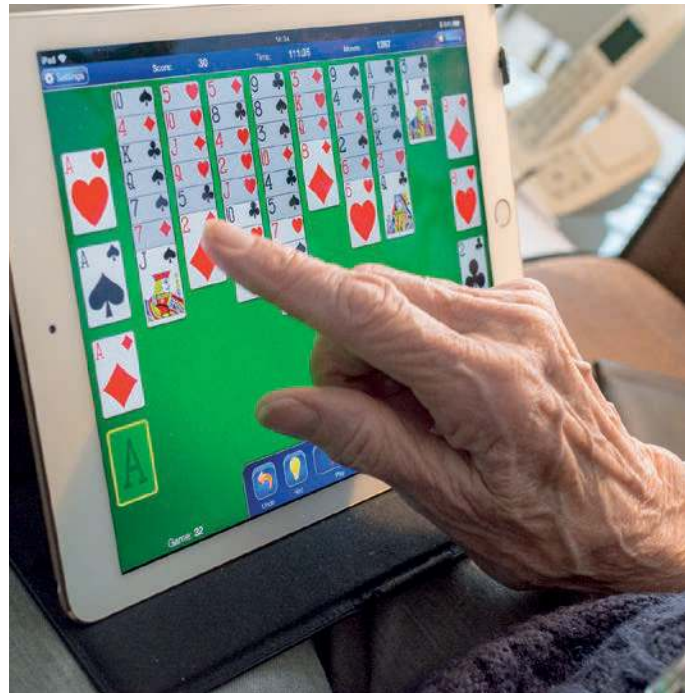
Help with computers, iPad's and mobile phones

It is so important to stay connected to health care, community services, family and friends. Devices and technology makes this possible and there is always something new to learn. So BASScare is building a new and improved program 'BC-Connected'.

- Purpose built facilities with easy access
- Free access to computers and iPad's with take home 'how to' notes
- Self-paced and pressure free environment

Free sessions running Tuesday, Thursday and Friday at the Canterbury Centre.

Commencing: Tuesday 5th February



For bookings and inquiries please phone 9880 4709

Stock up for the holidays

 **BASS**care

Ready to  
Heat and Eat  
NUTRITIOUS FROZEN MEALS

Available at  
Canterbury Centre

9880 4703

**Only \$7.00\***

\*for BASScare registered clients.



**For more information and bookings phone 9880 4709**

Pickup from home usually between 10am and 11.30am unless otherwise stated

## No Outings 21st of December – 8th of January

### DISCOUNTS











A little something for your pocket  
Pay in advance to receive a discount of \$1.50 per trip

<p>FRIDAY 11<sup>th</sup></p> 	<p><b>Off the Pier Fish &amp; Chips, Williamstown – Active Trip!</b> Come and enjoy scrumptious fish &amp; chips by the park in Williamstown. Then take a stroll along the pier or take time to explore the local shops.</p>		<p><b>\$15.00</b> (plus lunch)</p>
<p>TUESDAY 15<sup>th</sup></p> 	<p><b>Warragul Country Club</b> Join us for a drive to Warragul to enjoy a tasty two course meal overlooking the golf course. After lunch, relax with a drink or take a visit to the gaming lounge.</p>	<p><b>\$35.00</b> (incl lunch)</p>	
<p>FRIDAY 18<sup>th</sup></p> 	<p><b>Carlton Gardens – Garden View Café – Active Trip!</b> Enjoy a café lunch followed by a stroll through the beautiful nineteenth century gardens featuring dramatic tree-lined avenues, a majestic fountain, formal flowerbeds and miniature lakes.</p>		<p><b>\$15.00</b> (plus lunch)</p>
<p>TUESDAY 22<sup>nd</sup></p> 	<p><b>The Cove Hotel, Patterson Lakes</b> Join us for a tasty two course bistro meal at this friendly and modern venue with marina views. After lunch, enjoy a chat or a visit to the gaming lounge.</p>	<p><b>\$15.00</b> (plus lunch)</p>	
<p>FRIDAY 25<sup>th</sup></p> 	<p><b>Kirks on the Esplanade, Mornington</b> Enjoy a scenic drive down the Peninsula followed by a delicious meal at this popular hotel with water views. After lunch, stretch your legs with a beachside stroll, visit the gaming lounge or sit and enjoy the sea view.</p>	<p><b>\$37.00</b> (incl lunch)</p>	
<p>TUESDAY 29<sup>th</sup></p> 	<p><b>Donnybrook Hotel</b> Come and enjoy a tasty two course meal at this friendly old-style hotel which prides itself on its “country hospitality” in a metropolitan setting.</p>	<p><b>\$30.00</b> (incl lunch)</p>	



**For more information and bookings phone 9880 4709**

Pickup from home usually between 10am and 11.30am unless otherwise stated

<p>FRIDAY 1<sup>st</sup></p> 	<p><b>Mystery Location</b> Join us for a BBQ/Picnic lunch</p>	<p><b>\$30.00</b> (incl lunch)</p>	
<p>TUESDAY 5<sup>th</sup></p> 	<p><b>Daisey's Hotel, Ringwood</b> Join us for a hearty two course pub meal at this BASScare favourite. Enjoy a chat or visit to the gaming lounge.</p>	<p><b>\$33.00</b> (incl lunch)</p>	
<p>FRIDAY 8<sup>th</sup></p> 	<p><b>The Boulevard Café, Eltham</b> Come for a drive through leafy Eltham to enjoy lunch at this award-winning café situated in the grounds of the Monsalvat artists colony. (NOTE - Includes access to the Foyer Gallery and Cottage Gallery but not the Monsalvat buildings or gardens).</p>		<p><b>\$15.00</b> (plus lunch)</p>
<p>TUESDAY 12<sup>th</sup></p> 	<p><b>Plough Hotel, Mill Park</b> Join us for a relaxed meal at this brand new bistro. After a tasty lunch, enjoy a chat or a visit to the gaming lounge.</p>	<p><b>\$15.00</b> (plus lunch)</p>	
<p>FRIDAY 15<sup>th</sup></p> 	<p><b>The Bay Road Nursery, Sandringham</b> Come and explore this boutique bayside garden centre filled with colour and inspiration. Enjoy a delicious snack or lunch at the onsite leafy café and browse the extensive range of homewares and gifts.</p>	<p><b>\$15.00</b> (plus lunch)</p>	
<p>TUESDAY 19<sup>th</sup></p> 	<p><b>Crackerjack Beach Front Café, Seaford</b> Enjoy the stunning views across Port Phillip Bay at this popular beachfront café in Seaford. After a tasty snack or meal we can take a walk along the beach.</p>	<p><b>\$15.00</b> (plus lunch)</p>	
<p>FRIDAY 22<sup>nd</sup></p> 	<p><b>Bayview Restaurant, Mornington Golf Club</b> Overlooking the 18th green, this popular restaurant hosts sweeping views across Port Phillip Bay. Enjoy a delicious two course meal and a chat in relaxing surroundings.</p>		<p><b>\$38.00</b> (incl lunch)</p>
<p>TUESDAY 26<sup>th</sup></p> 	<p><b>Yarra Valley, Gateway Estate Café</b> Join us for a drive through the beautiful Yarra Valley to explore all the Gateway Estate has to offer. We will enjoy a tasty homemade meal, sample some strawberry liqueur and capsicum relish, visit the farm produce shop, tour the greenhouse and maybe even pick some strawberries!</p>	<p><b>\$35.00</b> (incl lunch)</p>	

# What's on at

## Canterbury Centre 2 Rochester Road Canterbury

### 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).**

- **Jan 9th – A Hard Day's Night (Documentary)** – Follows a “typical” day in the life of The Beatles, as they travel from their home town Liverpool to London to perform in a television broadcast.
- **Jan 16th – Hidden Figures (2016)** – This film tells the incredible story of three brilliant African-American women working at NASA who served as the brains behind the launch into orbit of astronaut John Glenn, a stunning achievement that turned around the Space Race.
- **Jan 23rd – No Movie** - Australia Day Special Lunch
- **Jan 30th – Mama Mia 2 (2018)** – Here we go again! Five years after the events of Mamma Mia!, Sophie prepares for the grand re-opening of the Hotel Bella Donna as she learns more about her mother's past. Chock full of toe-tapping ABBA songs and a great cast.
- **Feb 6th – Discovery Channel's Extreme Machines (Documentary)** – This fascinating show features some of the largest, fastest and most powerful machines on earth, including tanks, rockets, oil rigs and roller coasters.
- **Feb 13th – No Movie** (Newsletter Mail out)
- **Feb 20th – Tea with the Dames (Documentary)** – Dames Eileen Atkins, Judi Dench, Joan Plowright and Maggie Smith let the cameras in on a friendship that goes back more than half a century. The four acting greats discuss their careers and reminisce about their humble beginnings in the theatre.
- **Feb 27th – The Greatest Showman (2017)** – Loosely inspired by the life of P. T. Barnum, this musical stars Hugh Jackman and tells the tale of a visionary who rose from nothing to create a show business spectacle that becomes a worldwide sensation.

### LEARN, LAUGH AND LUNCH WEDNESDAY ALL DAY PROGRAM

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 more.



**For bookings and inquiries please phone 9880 4709**



# What's on at

## Canterbury Centre 2 Rochester Road Canterbury

### EXERCISE PROGRAMS

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

There is strong evidence that regular physical activity is linked to better brain function. Just as exercise makes us feel good, exercise also makes our brains feel good. Physical activity increases blood flow to the brain, stimulates the growth of brain cells and promotes healthier connections in the brain. Being physically active reduces the risk of high blood pressure and other health risks, which are associated with an increased risk of cognitive decline.

Being physically active stimulates your brain and strengthens your heart. So move, go outside, and take a New Year step towards a healthier you! Join one of our numerous classes ranging from gentle chair based exercises, to strength and balance classes

### ART & CRAFT CLASSES

- **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.**

We're looking for male company! Join the blokes to talk, laugh, learn and eat on one of our outings with trips to:

- **14th Jan** Courthouse Hotel, Bacchus Marsh \$31.00
- **28th Jan** No session – Australia Day Public Holiday
- **11th Feb** Warragul Country Club \$31.00
- **25th Feb** Lynbrook Hotel \$38.00

### BRAIN GAMES

Brain Games is a fun filled afternoon of interactive presentations, general knowledge questions and brain testing puzzles. Enjoy beautiful pictures, funny video clips and surprising facts all in a sociable and welcoming setting. Join BASScare volunteers Bruce and Caroline as they stimulate the mind and entertain the soul.

Mentally challenging your brain, and being social, are two of the five\* most important factors in staying mentally alert and avoiding some of the pitfalls of ageing. At Brain Games we do both, in a delightfully non-competitive environment. Come and try!

*"We have so much fun and learn so much from the wonderful presenters that I always walk out with a smile on my face and lightened mood"* Moyra D

- **Mondays 1.30pm from 4th February Canterbury Centre, 2 Rochester Road**
- **Cost: \$5 including tea/coffee**

\*Brain Matters is based on published researched evidence: <https://yourbrainmatters.org.au/5-simple-steps>

# What's on at

## Marwal Centre 9 Marwal Avenue North Balwyn

- **MONDAYS** (resumes from 4th Feb)  
**1.00pm**  
**Live Music & Dance** (run by the North Balwyn Senior Citizens Club)  
**Phone Marwal Centre on 9819 7194 for further information**

- **THURSDAYS** (resumes from 10th Jan)  
**10.00 – 11.00am**  
**Exercise Classes**  
Gentle Strength and Balance  
**12.00 – 1.00pm**  
**Dining Out** Three course lunch **Cost: \$12**

## Services at Canterbury Centre & Marwal Centres

### DINING OUT – ENJOY A TASTY THREE COURSE LUNCH

Canterbury Centre Hall Monday – Friday 12:30-1:30pm for \$12.00

Faversham House, 27 Shierlaw Ave, Canterbury Sundays 12.30pm for \$15

### 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.



**9880 4703**

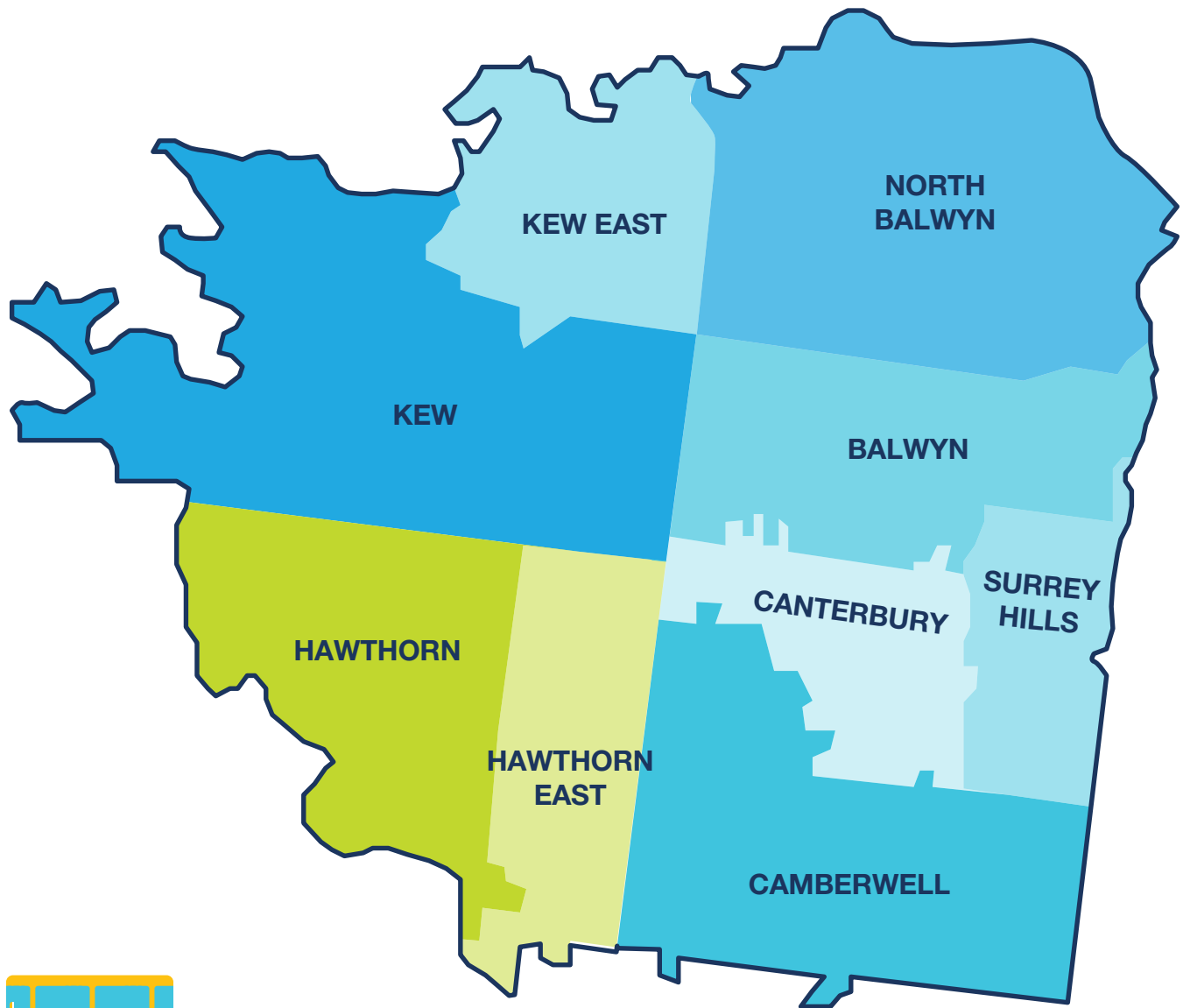
We look forward to seeing you in 2019



## our client Bus Service

**Bookings essential at least two days prior - 9880 4700**

Pickup from home usually between 10am and 11.30am unless otherwise stated



We can pick up and drop off in these areas for centre based activities and lunch

**BLUE AREA**  
Exercise class pickup & drop off

**BLUE & GREEN AREAS**  
General pickup & drop off

- Please note: our bus services are subject to availability and demand
- Transport to and from BASScare centre-based activities is \$10 per return trip.



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

**Web: [www.basscare.org.au](http://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. Refer to map on page 11.

## 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 Mar / Apr newsletter folding and mail out on Wednesday  
13th February 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.