

March - April 2019

# COMMUNITY AND NEWS WHAT'S ON

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



## SPECIAL EVENT



## ★ EASTER Eggstravaganza! ★

Help us celebrate Easter 2019 with a fun filled morning of activities, chocolate, prizes, egg decorating and an Easter bonnet making competition. This will be followed by a special

3 course lunch where you can show off your handy-work as well as enjoy great food, drinks and a few laughs. Bring your own hat or borrow one of ours.

- **Costs:** Event = \$25  
Transport = \$5 each way
- Wednesday 17th April, 11.00am – 1.30pm  
Canterbury Centre, 2 Rochester Road



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



# What's on in March & April

**Vicki Bayly**  
Social Support Manager



## To our valued BASScare Clients,

It was wonderful to welcome so many of you back after the Christmas break. We strive to keep you entertained, active and engaged with life whether you are one of our regular attendees who join us for daily lunch, or someone who attends an outing when the destination leaps off the page at you.

Thank you to all of those who took the time to provide feedback on our programs. We had some great responses and a number of good suggestions for activities and outings. It was fabulous to know that so many of you would recommend our programs to friends and family. We are always looking for new ways to engage, enable, energise and entice you so please keep in contact and pass on your suggestions.

Our collaborations with the Melbourne Recital Centre and Canterbury Neighbourhood Centre will help make March a month of musical activities that crosses generations and genres! See inside for information on Inventi Ensemble and our Play Music group. Feel free to invite your friends, family and neighbours to join the fun.

Other exciting things happening are the new activity space, computer room and lounge area at the Canterbury Centre. This will provide us with extra space to run small group activities and one-on-one lessons with technology as well as a friendly and welcoming community lounge for you to enjoy.

## 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 Inventi Ensemble!



- **Monday 18th March,**  
12.15pm – 3pm  
Canterbury Centre, 2 Rochester Road.

- **Costs:** Three course Lunch for \$12 followed by a **FREE** concert.  
Transport available for \$5 each way

# What's on FEATURE ACTIVITIES

## BETWEEN TWO WORLDS

**Between Two Worlds | Escher X Nendo** is a ground breaking exhibition that features the work of Dutch artist M. C. Escher in dialogue with the work of acclaimed Japanese design studio Nendo.

M. C. Escher made some of the most iconic prints of the twentieth century. His tessellations, optical illusions, impossible inventions and representations of infinity are at once serious and playful, and continue to inspire audiences of all ages.

Dr Lee Emery NGV volunteer guide and former Associate Professor of Art Education at the University of Melbourne brings us her extensive knowledge as she showcases highlights of this exhibition.



You are sure to recognise many of these iconic pieces!

- **Wednesday 13th March**  
10.45am to 12.00pm  
Canterbury Centre, 2 Rochester Road
- **Costs:** Gold coin donation.  
3 course lunch served afterwards for \$12.  
Transport \$5 each way.

## FAMOUS WOMEN IN CEMETERIES

This illustrated presentation celebrates the lives and final resting places of notable women in a number of cemeteries. Learn about their fascinating stories and celebrate their remarkable achievements.

We will welcome Dr Celestina Sagazio who is a Historian and Manager of Cultural Heritage of the Southern Metropolitan Cemeteries Trust. She is the author/editor of a number of publications, including Cemeteries: Our Heritage, Conserving Our Cemeteries, The National Trust Research Manual and Women's Melbourne.

- **Wednesday 20th March**  
10.45am to 2.00pm  
Canterbury Centre, 2 Rochester Road
- **Costs:** Gold coin donation.  
3 course lunch served afterwards for \$12.  
Transport \$5 each way.



For bookings and inquiries please phone 9880 4709

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We like to  
**MOVE IT, MOVE IT !**

## FALLS PREVENTION 2019

### NEW PROGRAM STARTING IN MARCH

BASScare's Falls Prevention program is a research based exercise and educational program targeting reducing your risk of falls. The program aims to improve your balance, strength and confidence. Weekly classes are complimented by home exercises and educational seminars all designed to help you maintain your health, happiness and independence.

- Weekly classes commence  
**Thursday 21st March** 11.00am – 12.30pm  
(15 week program)
- **Costs:** \$204
- Transport avail: \$5 each way per session
- Canterbury Centre, 2 Rochester Road



Pre-assessments conducted during the 2 weeks prior to program start date by appointment.

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).

Ready to Heat and Eat  
NUTRITIOUS FROZEN MEALS

NOW also available at  
**Marwal Centre**  
Balwyn North

Available at  
Canterbury Centre

**9880 4703** | **Only \$7.00\***  
\*for BASScare registered clients.

# PLAY MUSIC

A music group that connects  
the young with the young at heart



Research-based, award-winning music program bringing together children and older adults through music and play.

If you like singing, dancing, playing instruments and helping small hands hold percussion instruments, come and be light hearted in our hall.

**Fridays 10.30 - 11.15am**  
**Term 1: till 29th March**  
**Term 2: 3rd May - 21st June**

Canterbury Centre, 2 Rochester Road. Canterbury  
\$15 Carer/Adult per session



**BASScare**

Bookings: 9880 4709

**Book Today**

**CNC** Canterbury Neighbourhood Centre





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

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

FRIDAY 1 <sup>st</sup> 	<b>Pie in the Sky</b> Come for a trip to Mount Dandenong to savour a delicious award-winning pie or Devonshire tea at this popular café – voted No. 1 pies in Victoria!	<b>\$15.00</b> (plus lunch)
TUESDAY 5 <sup>th</sup> 	<b>Riverview Café Warrandyte</b> Join us on a drive to the leafy suburb of Warrandyte on the banks of the Yarra. Enjoy a light lunch at this friendly café or try some of their extensive range of ice-cream. Then take a stroll around the shops or sit and enjoy the river view.	<b>\$15.00</b> (plus lunch)
FRIDAY 8 <sup>th</sup> 	<b>Lilies on Brougham – Active Trip!</b> Come and explore this French inspired tearoom, gift shop and boutique nursery adjacent to picturesque Diamond Creek.	 <b>\$15.00</b> (plus lunch)
TUESDAY 12 <sup>th</sup> 	<b>Cardinia Club</b> Join us for a hearty two course meal, plus house beverage, at this friendly club in Pakenham. After lunch, try your luck in the gaming lounge or TAB bar.	<b>\$30.00</b> (incl lunch)
FRIDAY 15 <sup>th</sup> 	<b>Rosstown Hotel</b> Join us for a relaxed meal at this popular venue in Carnegie. Choose lunch from the Seniors' menu or something from the extensive tapas menu. After lunch enjoy a chat or visit their award-winning Sports Bar.	<b>\$15.00</b> (plus lunch)
TUESDAY 19 <sup>th</sup> 	<b>Yering Meadows Golf Club</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.	<b>\$39.00</b> (incl lunch)
FRIDAY 22 <sup>nd</sup> 	<b>Alfred Nicholas Gardens – Active Trip!</b> Join us for a stroll & picnic lunch at the stunning and highly regarded gardens at the Burnham Beeches Estate in Sherbrooke.	 <b>\$23.00</b> (incl picnic lunch)
TUESDAY 26 <sup>th</sup> 	<b>Diamond Creek Hotel</b> Enjoy a tasty two course meal at this friendly pub in leafy Diamond Creek. Behind the heritage façade is a relaxing space including bistro, outdoor deck and gaming lounge.	<b>\$31.00</b> (incl lunch)
FRIDAY 29 <sup>th</sup> 	<b>Yarra Valley Chocolaterie</b> Stock up for Easter at the showroom choc-filled with over 250 different chocolate products. Enjoy lunch or a decadent treat with peaceful Yarra Valley views from the Cafe.	 <b>\$15.00</b> (plus lunch)



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

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TUESDAY 2 <sup>nd</sup> 	<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.	<b>\$35.00</b> (incl lunch)
FRIDAY 5 <sup>th</sup> 	<b>Courthouse Hotel Bacchus Marsh</b> Join us for a two course meal at this friendly hotel. After lunch, enjoy a trip to the gaming room or a stop off at a market garden stall for some local fruit and vegetables.	<b>\$31.00</b> (incl lunch)
TUESDAY 9 <sup>th</sup> 	<b>Westend Market Hotel – Morning Melodies</b> Join us for morning tea and a toe-tapping performance of 'Peter Sullivan – the Liberace Show', followed by a tasty lunch. We need to be at the venue by 10.15am so the bus will collect you between 8.30-9.30am.	 <b>\$28.00</b> (incl lunch)  ***NOTE: Early Pick Up!***
FRIDAY 12 <sup>th</sup> 	<b>Singing Gardens, Toolangi – Active Trip!</b> Come and explore the peaceful garden oasis that was once home to poet CJ Dennis. The historic garden features rhododendrons, azaleas and European trees and is home to an old-style tearoom serving delicious Devonshire Teas and sandwiches.	<b>\$15.00</b> (plus lunch)
TUESDAY 16 <sup>th</sup> 	<b>Olinda Café – Active Trip!</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.	<b>\$15.00</b> (plus lunch)
TUESDAY 23 <sup>rd</sup> 	<b>JBj Restaurant and Bar</b> Enjoy a delicious two course lunch at the Taylors Lake Hotel. The extensive menu includes a wide range of Asia inspired dishes and scrumptious desserts. After lunch, enjoy a chat or a visit to the sports bar or gaming lounge.	<b>\$33.00</b> (incl lunch)
FRIDAY 26 <sup>th</sup> 	<b>Brunch Café Mt Dandenong</b> Enjoy a drive through the Dandenong Ranges followed by lunch at this popular café which uses local produce in their European inspired dishes.	<b>\$15.00</b> (plus lunch)
TUESDAY 30 <sup>th</sup> 	<b>Upper Yarra RSL</b> Join us on a drive to lunch at this BASScare favourite. Enjoy some good company and a tasty two course meal overlooking the rolling hills of the Yarra Valley.	 <b>\$33.00</b> (incl lunch)

## DISCOUNTS

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

# What's on at

**Canterbury Centre** 2 Rochester Road Canterbury  
For bookings and inquiries please phone 9880 4709

## MOVIES

Join us for a film on Wednesday afternoons at 1.30pm.

**Cost: \$5.00 (icecream available for \$1.00).**

- **March 6th – Doc Martin -The Movie (2001)** Doc Martin and the Legend of the Cloutie
- **March 13th - Meet Me in St. Louis (1944)** Judy Garland Classic
- **March 20th – The Gardener – Documentary (2016)**  
The meaning of gardening and its impact on our lives.
- **March 27th - A Star is Born (2018)**  
Drama/Romance with 11 Academy Award nominations
- **April 3rd – Singing in the Rain (1952)** Classic romantic musical
- **April 10th - Ladies in Black (2018)** Hit Australian comedy-drama
- **April 17th – No Movie (Mailout)**
- **April 24th - The Old Man & the Gun (2018)**  
American biographical film starring Robert Redford

## 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.

## EXERCISE PROGRAMS

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

We have a range of exercise classes to suit your needs and activity levels, from novice gentle chair based exercises, to energetic strength and balance classes.

Specialty groups include our new and improved Falls Prevention Exercise & Education Program commencing March 2019. It's specifically designed, aiming to reduce your risk of falls.

BASScare also offers individual supervised Exercise Physiology (EP) sessions. The Exercise Physiologist will work one-on-one with you, assessing your health and goals, to create a tailored exercise program specific to you.

To discuss which physical activity option you are most suited to, or to book in for class or consultation, call our Exercise Co-ordinator & Exercise Physiologist Matthew Azzopardi on 9880 4709, email [m.azzopardi@basscare.org.au](mailto:m.azzopardi@basscare.org.au) or speak with our Client Liaison Officer.



# What's on at

**Canterbury Centre** 2 Rochester Road Canterbury  
For bookings and inquiries please phone 9880 4709

## ART & CRAFT CLASSES

- **Craft** on Wednesday 1.30pm-4.30pm **Cost: \$5** (independent)
- **Pottery** on Thursday 1.30pm-4.30pm **Cost: \$15** (teacher led)
- **NEW Art Group** on Friday 1.30pm-4.30pm **Cost: \$15** (teacher TBA)

## BOROONDARA BLOKES

**Outings fortnightly on Mondays from Canterbury Centre.**

Join the blokes on a fortnightly outing to talk, laugh, learn and enjoy a meal. We have upcoming trips to:

- **11th of March** No Session – **Labour Day Public Holiday**
- **25th of March** BBQ Picnic Lunch – Location TBC \$25.00
- **8th of April** Upper Yarra RSL \$33.00
- **22nd of April** No Session – **Easter Monday Public Holiday**

## BC-CONNECTED

1 on 1 sessions to help you understand and use computers, tablets and mobile 'phones.  
**Book your free sessions for 1.30pm or 2.30pm on Tuesday, Thursday or Friday afternoons.**

Be  
connected.  
Stay  
connected.



## BRAIN GAMES

Challenging your brain, and staying socially active are two of the most important factors in avoiding pitfalls of ageing.

On Mondays from 1.30pm to 3pm, join BASScare volunteers Bruce and Caroline as they stimulate the mind and entertain the soul, with a fun-filled afternoon of interactive presentation, general knowledge questions

and brain-testing puzzles. Enjoy beautiful pictures, funny video clips and surprising facts all in a sociable and welcoming setting. And free chocolates!

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

## BRAIN GAMES VOLUNTEER RESEARCHERS/HOSTS

**Are you keen on trivia and general knowledge, enjoy research, putting together presentations or presenting to a receptive audience?**

We are looking for volunteers keen to research topics to be presented at our in-house Brain Games program on Mondays. Working in a small team, present or research mind games, puzzles, quizzes and topics of

the week. As a volunteer you can share your knowledge and engage with older members in the community, who want to keep their minds active and have fun.



**Marwal Centre** 9 Marwal Avenue North Balwyn  
For bookings and inquiries please phone 9880 4709

## • MONDAYS

**12.00 - 2.30pm**

**Live Music & Dance** (run by the North Balwyn Senior Citizens Club)  
**Phone Marwal Centre on 9819 7194** for further information

## • SAVE THE DATE! Thursday 20th June

On June 20th the Marwal centre will hold a Harvest Dance with a music performance by the very popular KATO!

## • THURSDAYS

**10.00 – 11.00am**

**Exercise Classes**  
Gentle Strength and Balance

**12.00 – 1.00pm**

**Dining Out** Three course lunch **Cost: \$12**

## Services at Canterbury & 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**

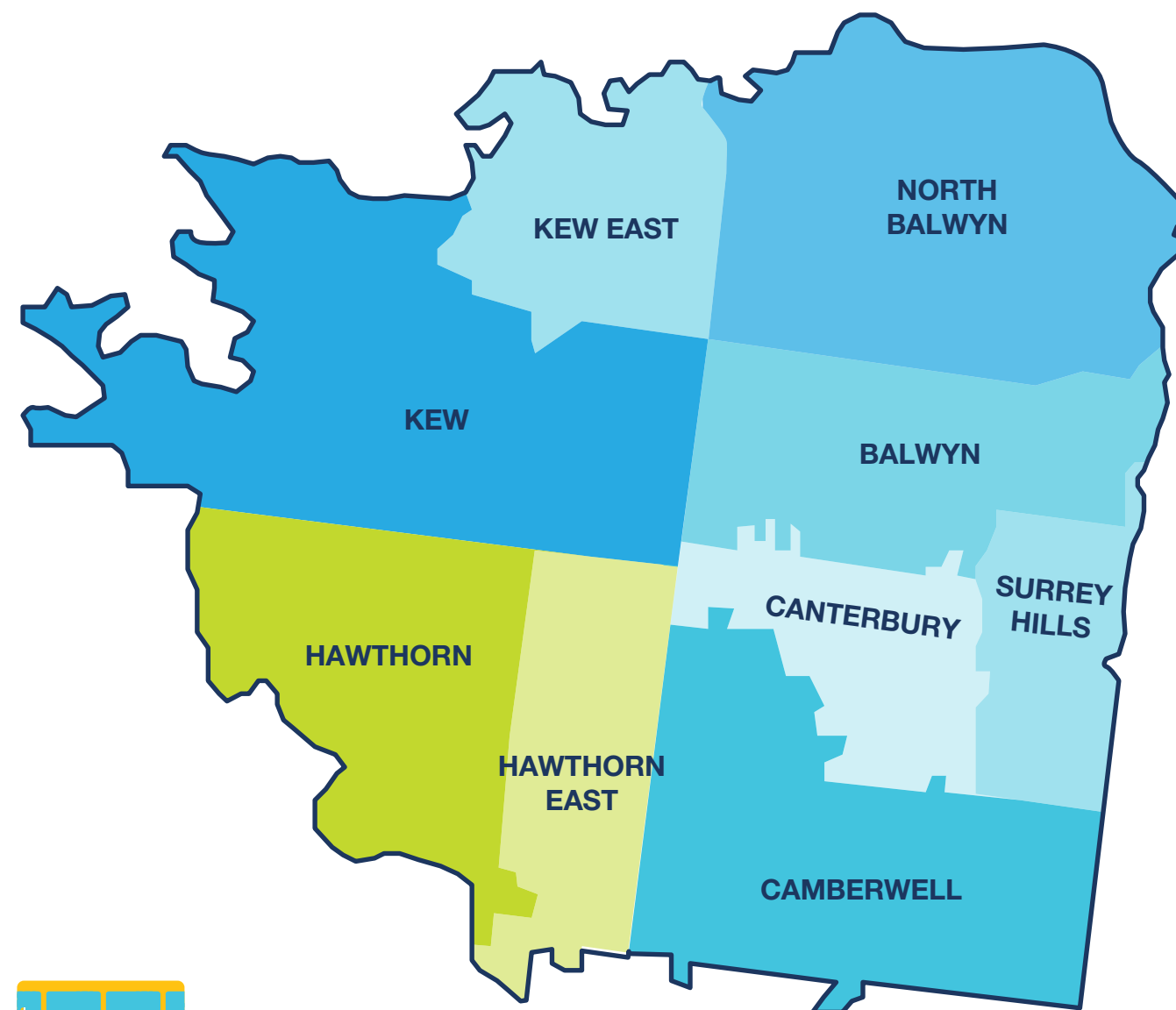
Call for further information.

## 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 May/June newsletter folding and mail out on Wednesday  
17th April 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.