

May - June 2019

COMMUNITY AND NEWS WHAT'S ON

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

Thursday 20th June

11.30am-3.00pm

HARVEST DANCE



with
music by

KATO

**Book
Today**

SPECIAL EVENT

Come and enjoy an afternoon of dancing, fun and festivities at our Harvest Dance. There'll be a performance by music duo **Kato**, who wowed the audience at last year's Springtime Dance and got everyone on their feet!

- **Costs:** Event = \$22
Includes a light lunch
- Transport = \$5 each way
(must make a booking)

**BOOK a table for you
and your friends**

**Bookings Essential:
9880 4709**

Marwal Centre
9 Marwal Ave, Balwyn North



What's on in May & June

Tom Edwards
Social Support Coordinator

GUEST EDITOR



As the weather starts to cool down, we have lots of fantastic programs and events to get you motivated and out of the house. If you've ever attended a dance at the Marwal Centre then you know what I'm talking about! We are going to make this year's Harvest Dance in June the best yet.

If you haven't been to the Canterbury Centre in a while you might have missed all the exciting changes. To go with the bold new exterior we have fitted the interior with new tables, chairs and signage. Come in for a look and enjoy a hot meal. We offer transport to lunch Monday to Friday and Sunday.

And that's not all—we have a new Art Group running on Fridays with Helen and an exciting new community garden project called '**Small Seeds**' starting this month.

If its mental, physical or social stimulation you're after this autumn then we have all bases covered in this edition of BASScare's Community News.

We're looking forward to seeing you soon!

SPECIAL INFORMATION PRESENTATION

BOROONDARA COUNCIL – HELEN KERLEY

Age-friendly **Boroondara**

The City of Boroondara's Active Ageing Services provide a range of quality services and support to enable independence, good health and wellbeing.

Join our information session facilitated by Helen Kerley from Boroondara Council who'll answer your questions about the services offered for seniors. Their goal is to help elderly people stay independent and living comfortably in their own home for as long as possible.

Learn about My Aged Care and eligibility for subsidised services such as:

- Personal Care
- Home maintenance
- Shopping
- Domestic assistance
- Community transport.....and more!



**Book
Today**

- **Costs:** Gold coin donation with transport available for \$5 each way
- Wednesday 8th May, 10:45am – 12 noon Canterbury Centre, 2 Rochester Road.
- 3 course lunch served afterwards for \$12
- **Bookings:** required for presentation and transport

Bookings or inquiries phone 9880 4709 or email socialsupport@basscare.org.au

Feature Activities

Brain Games Group

Challenging your brain and staying active are two of the most important factors when it comes to avoiding the pitfalls of ageing.

Every Monday from 1.30 - 3.00pm, join BASScare volunteers Bruce and Caroline as they stimulate the mind and entertain the soul, with a fun-filled afternoon of interactive presentations, general knowledge questions and brain-testing puzzles.

Enjoy beautiful pictures, funny video clips and surprising facts in a sociable and welcoming setting. There'll be free chocolates on offer too!



Mondays 1.30pm Canterbury Centre, 2 Rochester Road **Costs:** \$5. Transport \$5 each way. Come early at 12.30pm to enjoy a delicious 3 course lunch for only \$12.



Lions Hearing Dogs

Lions Hearing Dogs is a not-for-profit organisation that provides hearing dogs and follow-up support free of charge to deaf and hard of hearing people throughout Australia.

Come along to learn about how these remarkable dogs are trained and the many ways they assist their owners in their home and beyond.

- **Costs:** Gold coin donation with transport available for \$5 each way (must make booking)
- Wednesday 15th May, 10:45am – 12 noon Canterbury Centre, 2 Rochester Road.
- 3 course lunch served afterwards for \$12
- **Bookings:** required for presentation and transport



Book Today



Bookings or inquiries phone 9880 4709 or email socialsupport@basscare.org.au

What's on in May & June



Bookings or inquiries phone 9880 4709
or email socialsupport@basscare.org.au

Small Seeds

Proudly supported by



BOROONDARA

Rotary
Club of Balwyn



LAUNCH

We are excited to announce a new community garden program run at the Canterbury Centre in collaboration with the Canterbury Neighbourhood Centre.

Please join us for the **Small Seeds** launch on May Day as we unveil the new garden (with raised garden beds) and plant our crops. We will have a special 'garden' themed lunch afterwards in the hall at the Canterbury Centre and toast the garden's success!

- Wednesday 1st May, 11.00am – 1.30pm
Canterbury Centre, 2 Rochester Road.
- **Bookings:** required
- **Costs:** \$20 including a three course lunch with drinks.

COMMUNITY GARDEN PROJECT

Gardening is a therapeutic way to enjoy exercise and reduce stress while socialising and helping to grow something special.

Following the launch of Small Seeds we would love for you to come and help nurture and maintain our precious plants. No gardening experience is required, we have raised garden beds for easy access and volunteers will be present to aid those requiring direction or assistance.

- Tuesdays from 7th May, 1.30 - 2.30pm
Canterbury Centre, 2 Rochester Road.
- **Costs:** \$5
- Please join us for lunch beforehand at 12.30pm for \$12

From little things, **big things grow.**

JOIN US in making big things grow.

Transport available for \$5 each way
(booking required)



Falls Prevention 2019

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.



NEW PROGRAM STARTS IN AUGUST

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

What's on in May & June



Friday ART Group

It is a pleasure to welcome Helen Yu as our new Friday Art Group teacher. Helens favourite type of medium is pastels.

"There is no right or wrong way of making art work, rather it is to enjoy the process of exploring, experimenting the unique artistic expression of their own. There is an increasing amount of scientific evidence that proves art enhances brain function and has an impact on brain wave patterns, emotions and the nervous system and helps to stimulate the senses. Art helps with hand-eye coordination, cognitive abilities, and concentration."

Pastel is a very poetic and responsive medium to use. Not just as a sketching tool but for artistic expression. Pastels contain a higher concentration of pigment than other mediums so the colour is incredibly vibrant."
Helen Yu

- **Fridays** 1.30 - 4.30pm
Canterbury Centre, 2 Rochester Road
- **Costs:** \$15. Transport \$5 each way.
(booking required)
- Please join us for lunch beforehand
at 12.30pm for \$12

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.

You don't need any musical experience to enjoy the light hearted fun, as we enjoy singing, dancing, instruments and games together in the hall.
Enjoy the morning tea and coffee afterwards.

**Book
Today**

**Fridays 10.30 - 11.15am
Term 2: 3rd May - 21st June**

**Canterbury Centre, 2 Rochester Road. Canterbury
\$7.50 Individual, \$15 Family per session**

(*Family may include older adult and adult, child, friend or carer)



Stay for lunch afterwards at 12.30pm

**Newcomers
FREE
Trial
3rd May**



For more information and bookings phone 9880 4709

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

FRIDAY 3rd 	Pie in the Sky 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!	\$15.00 (plus lunch)
TUESDAY 7th 	Italian Club Werribee Join us for a two-course bistro meal at this Basscare favourite. After lunch, enjoy a chat or take a visit to the gaming lounge.	\$30.00 (incl lunch)
FRIDAY 10th 	Panton Hill Hotel 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.	\$35.00 (incl lunch)
TUESDAY 14th 	Mulgrave Country Club Join us for a hearty two course meal at this friendly club in Wheelers Hill. After lunch, try your luck in the gaming lounge or TAB bar.	\$31.00 (incl lunch)
FRIDAY 17th 	Customs House Hotel, Williamstown Historic Williamstown has something of interest for everyone! Enjoy a tasty two course lunch at the Customhouse Hotel then take a stroll along the pier, explore the specialty shops or sit and admire the view.	\$35.00 (incl lunch)
TUESDAY 21st 	Banksia Nursery and Café Enjoy a stroll around this family-run nursery in Wantirna. Then enjoy a tasty lunch or some freshly baked scones at the on-site café and see what takes your fancy at the gift shop.	\$15.00 (plus lunch)
FRIDAY 24th 	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 (incl lunch)
TUESDAY 28th 	Waverley RSL Join us for a tasty two course lunch at Warramunga restaurant regularly voted one of the top RSL bistros in Melbourne.	\$35.00 (incl lunch)
FRIDAY 31st 	South Melbourne Market – Active Trip! Since 1867, South Melbourne Market has been a treasured inner-city landmark. Come and explore this bustling venue and sample some autumn produce from the 140+ traders. Then choose something tasty for lunch and enjoy a spot of people watching.	 \$15.00 (plus lunch)



For more information and bookings phone 9880 4709

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

TUESDAY 4th 	Chirnside Park Country Club Join us for a tasty two course meal at this friendly bistro which features floor to ceiling windows with sweeping views across the gardens to the Yarra Valley. After lunch, relax with a drink or take a stroll in the garden.	\$33.00 (incl lunch)
FRIDAY 7th 	NGV Fashion Exhibition – Active Trip! Come and marvel at the Krystyna Campbell-Pretty fashion collection featuring over 130 works of French haute couture from the 19th to 21st centuries. Highlights include Chanel's 'little black dress' in a number of styles, along with Schiaparelli, Galiano and Lacroix. We will purchase a light lunch at the gallery Tea Room.	\$15.00 (plus lunch)
TUESDAY 11th 	The Growling Frog Sit back and savour the view at this popular lunch spot at Yan Yean. Enjoy a main meal followed by a chat and a stroll in gorgeous surroundings.	\$31.00 (incl lunch)
FRIDAY 14th 	Micawber Tavern Belgrave Come for a drive up the mountain for a delicious two course bistro meal at this quaint pub in the heart of the Dandenongs.	\$15.00 (plus lunch)
TUESDAY 18th 	Lower Plenty Hotel Enjoy a tasty two course lunch from the seniors' menu at this warm and welcoming bistro. Enjoy a chat or try your luck in the gaming lounge.	\$31.00 (incl lunch)
FRIDAY 21st 	Dromana RSL Join us for a two-course meal at this popular Peninsula venue followed by a walk along the Dromana beachfront	\$33.50 (incl lunch)
TUESDAY 25th 	Caulfield RSL Enjoy a delicious two course lunch and a chat by the open fire. This Basscare favourite is housed in a gorgeous building dating back to 1896.	\$31.00 (incl lunch)
FRIDAY 28th 	Kallista Tearooms – Active Trip! Come and explore the picturesque Dandenong Ranges and enjoy a snack or meal at this art deco inspired building set in beautiful historic gardens. Enjoy a stroll by the creek or feed the abundant birdlife from your window seat.	\$33.00 (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).

- **May 1st – Brief Encounter (1945)** – Classic haunting love story
- **May 8th - Bridges of Madison County (1995)** Clint Eastwood's award winning film
- **May 15th – Secondhand Lions (2003)** Comedy with Michael Caine and Robert Duvall
- **May 22nd - Mary Poppins Returns (2018)** Sequel to the 1964 Disney classic
- **May 29th – About Schmidt (2002)** Comedy/drama starring Jack Nicholson
- **June 5th - The Sapphires (2012)** Music, comedy and drama all in one
- **June 12th – No Movie (Mailout)**
- **June 19th - Rabbit Proof Fence (2002)**
Australian movie about three mixed race aboriginal girls
- **June 26th - Mrs Palfrey at the Claremont (2005)**
Recent widow moves to London with ideas of seeing her grandson

DINING OUT – ENJOY A TASTY THREE COURSE LUNCH

Canterbury Centre Hall

Monday – Friday 12:30-1:30pm for \$12

Faversham House, 27 Shierlaw Ave, Canterbury

Sundays 12.30pm for \$15



BC-CONNECTED

These are 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.



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** with Nikki Worth
on Thursday 1.30pm-4.30pm
Cost: \$15 (teacher led)
- **Art Group** with Helen Yu
on Friday 1.30pm-4.30pm
Cost: \$15 (teacher led)



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:

- | | | |
|-----------------------|------------------------------|---------|
| • 6th of May | Customs House Williamstown | \$35.00 |
| • 20th of May | Grand Hotel Mornington | \$33.00 |
| • 3rd of June | Italian Sports Club Werribee | \$30.00 |
| • 17th of June | Dromana RSL | \$33.50 |



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. It's specifically aimed to reduce your risk of a fall.

BASScare also offers one-to-one Exercise Physiology (EP) sessions. The Exercise Physiologist will work with you to assess your health and goals and 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 **P: 9880 4709, E: m.azzopardi@basscare.org.au**
Or feel free to chat with one of our friendly Client Liaison Officers.

What's on at

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

LEARN, LAUGH AND LUNCH WEDNESDAY ALL DAY PROGRAM

Enjoy presentations from a wide range of guest speakers this autumn. Topics areas are matched with the interests of participants. We make sure it's a 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.

"The **'Learn, Laugh and Lunch'** program offers me, as a sole carer, a wonderful weekly opportunity to enjoy a number of hours to myself, while being absolutely confident that my husband is enjoying the company of others, who appreciate his intellect, and welcome his contributions, in spite of his inability to verbalise."

Mary-Ann Candy

 **BASScare**

Ready to
Heat and Eat
NUTRITIOUS FROZEN MEALS

Also
available at
**Marwal
Centre**
Balwyn North

Available at
Canterbury Centre

9880 4703

Only \$7.00*

*for BASScare registered clients.

What's on at

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

- **MONDAYS**

11.30 - 2.30pm

Live Music & Dance The North Balwyn Senior Citizens Club host live music and dance. **Please phone Marwal Centre on 9819 7194 for further information**

- **THURSDAYS**

10.00 – 11.00am

Exercise Classes

Gentle Strength and Balance

12.00 – 1.00pm

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

- **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! See cover for details. Book today.

Looking Good & Feeling Fine at Canterbury & Marwal Centres

Hairdressing and Podiatry

Hairdressing and podiatry are available fortnightly by appointment – 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.



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
Meals on Wheels Office Hours: Monday-Friday 9am-4pm	

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 Monday - Friday 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 May/June newsletter folding and mail out on Wednesday
12th June 1:30-3.00pm 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.