

July - August 2019

# COMMUNITY AND NEWS WHAT'S ON

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



LIVE MUSIC  
PERFORMANCE  
by  
VICTOR  
STRANGES

SPECIAL LUNCH

**CHRISTMAS  
IN JULY**

Wednesday  
**31st July**  
12.15am-2.30pm

**Book  
Today**

**BOOK FOR ONE OR BOOK A TABLE**

TABLES OF 8 GUESTS

## SPECIAL LUNCH

Please join us for a traditional style Christmas lunch at an untraditional time of year!

Enjoy a three course lunch with drinks, music and live entertainment as we celebrate togetherness this winter.

**Bookings Essential:**

**9880 4709**

or email:

[socialsupport@basscare.org.au](mailto:socialsupport@basscare.org.au)

**Transport available:**

\$5 each way

(Booking required)

**Canterbury Centre**  
2 Rochester Road, Canterbury

# What's on in July & August

**Vicki Bayly**  
Social Support Manager

**EDITOR**



To our valued BASScare community,

I'm back from a delightful holiday, which reinforced the benefits of new experiences to refresh my attitudes, and exposure to other ways of life. It's also good to return home.

Whether you were born in another country, or in Boroondara, there is significant diversity among us. The snippets you share here about your own way of life, wellbeing, place of birth, family origins, tastes in food, friends and entertainment all combine to shape the activities offered here. We aim to celebrate your individuality when you join us in one of our dining rooms, at exercise, on trips, or at special events. Dancing has become a weekly feature at 9 Marwal Avenue, and following the success of the Harvest Dance in June, we will hold a Springtime Dance in September.

Our Small Seeds gardening project at 8 Rochester Road is now starting to reward us with some tasty greens! Many thanks for those who have helped with the planting and care of our gardens. We are now looking to expand and would love some more involvement from our wonderful BASScare community.

We also want to appeal to all budgets. Most of you are eligible for support from the Commonwealth Government. From 1 July we are introducing a new tier of payment for those who don't want to register with My Aged Care. Naturally, if you do not wish to disclose information in order to receive government subsidy, the prices will be higher.

Our renovations at the Canterbury Centre have attracted media attention and created a buzz on social media. If you're still learning what we offer, please join us for lunch or try out a session at one of the activities listed in the newsletter.

And be the first to test our new computer room! It's a dedicated space in which to teach you about computers, tablets, phones and even My Aged Care (if you like).

We look forward to welcoming you to our cosy lounge through winter, or taking you out for lunch!

Let us know when suits you.  
For more information please phone  
03 9880 4709.

## COMMUNITY GARDEN PROJECT SMALL SEEDS

**Tuesdays 1.30pm - 2.30pm**  
**2 Rochester Road, Canterbury**



**FREE**



## Feature Activities



SPECIAL PRESENTATION

### Hans and Nora Heysen Two Generations of Australian Art

Don't miss seeing highlights of this glorious exhibition currently on display at the National Gallery of Victoria. It brings together the work of Hans and Nora Heysen, father and daughter artists whose work spanned more than a century during which Australia and the world underwent numerous social, political and artistic transformations.



**Wednesday 24th July**

Experience Han's and Nora's combined love of the natural world through Hans' well known landscapes and Nora's vibrant flower, still life and portrait paintings.

Wednesday 24th of July, 10:45am - 12 noon,  
Canterbury Centre, 2 Rochester Road

**Cost:** Gold Coin Donation.

**Transport** \$5 each way (booking required).

Three course lunch served afterwards for \$12.

**Bookings:** 9880 4709 or email  
[socialsupport@basscare.org.au](mailto:socialsupport@basscare.org.au)

# PLAY MUSIC

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



If you enjoy singing, dancing and playing musical instruments, come join our research-based, award-winning music program bringing together children and older adults through music and play.

**Book  
Today**

**Fridays 10.30 - 11.15am**  
**Term 3: 19th July - 13th September**

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

(\*Family may include older adult and adult, child, friend or carer. \*T&C's apply)

**Stay for lunch afterwards at 12.30pm**

Newcomers  
**FREE  
Trial**  
19th July

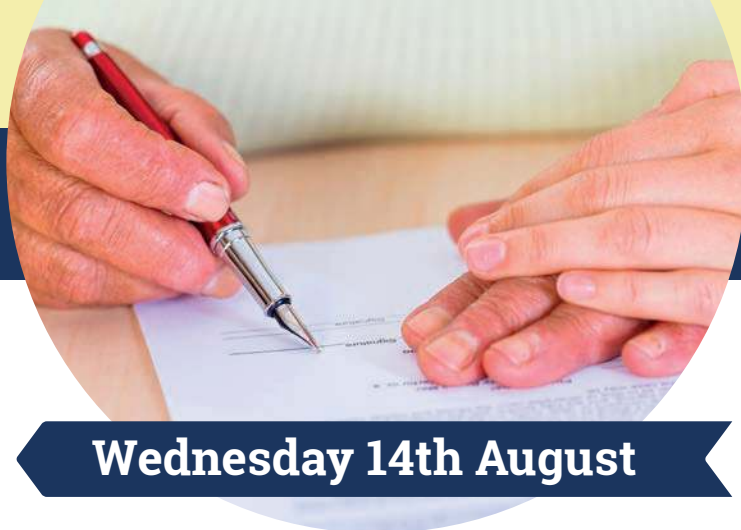
# What's on in July & August



## Powers of Attorney Planning for your future

BASScare invites you to learn about the legal processes you can put in place now to look after financial, personal and medical well-being now and into the future.

- **Powers of attorney**  
What are they and who can make what decisions?
- **Medical treatment decision making**  
Who has authority?
- **Advance Care Directives**  
Are they legally recognised?



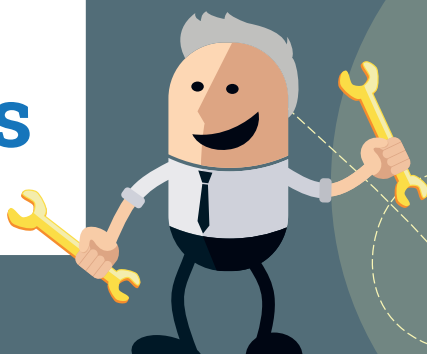
**Wednesday 14th August**

Invite your family and friends to join you at this very important free presentation on topics that are relevant to any age group.

- **Wednesday 14th August**  
10.45am - 12.00pm  
Canterbury Centre, 2 Rochester Road
- **Costs:** FREE presentation  
Transport \$5 each way (booking required)
- Please join us for a three course lunch afterwards at 12.30pm for \$12.
- **Transport:** \$5 each way (booking required)

Bookings or inquiries phone 9880 4709 or email [socialsupport@basscare.org.au](mailto:socialsupport@basscare.org.au)

## Brain Games Group



Feel Good **Live Well**

**Learning in  
a fun way**

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

This is not your average quizz group. Run by volunteers Bruce, Caroline, Kate and Dom, who produce really thought provoking material. A stimulating hour and a half of presentations, brain teasers and group discussion.

**Come for a FREE trial on Monday for newcomers.**

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

**VOLUNTEER RESEARCHERS WELCOME**

What's starting  
**in August**

Exercise Physiologist led  
**FALLS  
PREVENTION**  
EXERCISE PROGRAM

**Keeping you stronger and  
independent for longer**

BASScare's Falls Prevention program is an exercise and educational program aimed at reducing your risk of a fall.

The program includes a pre-course assessment, 14 weekly classes and a post assessment, all conducted by a qualified Exercise Physiologist.

These are complimented by home exercises and educational sessions with the aim of improving your strength, health and happiness and empowering your independence.

**16** week  
program



The 16 week long program includes:

- a pre-course assessment
- 14 weekly group classes
- a post-course assessment



**Book  
Today**

Feel Good  
**Live Well**

weekly  
classes starting **Thursday**  
**22nd August**

**1.30pm-3.00pm**

**ends 28th November**

**Canterbury Centre,  
2 Rochester Road,  
Canterbury**

**Cost: \$200** (T&C's apply)

Pre-assessments conducted during the 2 weeks prior to program start date by appointment with Exercise Physiologist Matthew Azzopardi

**Transport: \$5** each way (booking required)

**Bookings/enquiries: 9880 4709 or email [m.azzopardi@basscare.org.au](mailto:m.azzopardi@basscare.org.au)**





For more information and bookings phone 9880 4709

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

<b>TUESDAY</b> <b>2<sup>nd</sup></b> 	<b>Daisey's Hotel</b> Enjoy a hearty two-course pub meal at this friendly venue in Ringwood. After lunch, relax with a drink or try your luck in the gaming lounge.	<b>\$33.00</b> (incl lunch)
<b>FRIDAY</b> <b>5<sup>th</sup></b> 	<b>Vue Restaurant, Settlers Run</b> Enjoy a delicious meal and amazing views at this picturesque golf club in Botanic Ridge. You may even spot a kangaroo or brown nosed bandicoot while you dine!	<b>\$15.00</b> (plus lunch)
<b>TUESDAY</b> <b>9<sup>th</sup></b> 	<b>Morning Melodies at Mulgrave Country Club</b> <b>NOTE – Early Pick Up!</b> (We need to be at the venue by 10.30am so the bus will collect you between 9am and 9.45am) Join us for morning tea and a toe-tapping, singalong variety show featuring performer Brendan Scott. After the show we will stay at the Club to enjoy lunch or a snack in the dining room. There is also a gaming lounge if you fancy a flutter.	<b>\$24.00</b> (plus lunch)
<b>FRIDAY</b> <b>12<sup>th</sup></b> 	<b>Hunted Antiques &amp; Collectibles, Kilsyth</b> <b>Active Trip!</b> Come & explore this massive warehouse full of antiques, collectibles, jewellery, art, furniture and more! Approximately an acre of treasures under one roof there is plenty to discover. We'll lunch at the nearby Kilsyth Club.	 <b>\$15.00</b> (plus lunch)
<b>TUESDAY</b> <b>16<sup>th</sup></b> 	<b>Watsonia RSL</b> This club has lovely facilities and a friendly atmosphere. Enjoy a tasty two-course bistro meal then stay for a chat or visit the gaming lounge.	<b>\$30.00</b> (incl lunch)
<b>FRIDAY</b> <b>19<sup>th</sup></b> 	<b>Dava Hotel, Mount Martha</b> Come for a drive down the Mornington Peninsula to the village of Mount Martha where we will enjoy a two-course meal of classic bistro food along with breathtaking bay views.	<b>\$36.00</b> (incl lunch)
<b>TUESDAY</b> <b>23<sup>rd</sup></b> 	<b>Whittlesea Bowls Club</b> Join us as we head north to Whittlesea. We'll browse the shops and enjoy a 2 course meal overlooking the greens at the bowls club.	 <b>\$31.50</b> (incl lunch)
<b>FRIDAY</b> <b>26<sup>th</sup></b> 	<b>Milano's Tavern, Brighton</b> Enjoy the stunning views across Port Phillip Bay at this popular Brighton Hotel. After a tasty bistro meal we can take a walk along the beach. Weather permitting!	<b>\$15.00</b> (plus lunch)
<b>TUESDAY</b> <b>30<sup>th</sup></b> 	<b>Dandenong Club</b> This club has delicious food and a friendly atmosphere. Enjoy a two-course bistro meal then visit the gaming lounge or perhaps watch a game of lawn bowls in the undercover arena.	<b>\$31.50</b> (incl lunch)



## DISCOUNTS A little something for your pocket.

Pay in advance for your outings to receive a discount of \$1.50 per trip.

<b>FRIDAY</b> <b>2<sup>nd</sup></b> 	<b>West Waters Hotel, Caroline Springs</b> <b>Back by popular demand!</b> Enjoy a scrumptious 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.	<b>\$35.00</b> (incl lunch)
<b>TUESDAY</b> <b>6<sup>th</sup></b> 	<b>Bentleigh Club</b> This friendly club has lovely facilities and a warm atmosphere. Enjoy a two-course bistro meal then stay for a chat or visit the gaming lounge.	<b>\$34.50</b> (incl lunch)
<b>FRIDAY</b> <b>9<sup>th</sup></b> 	<b>Fire Services Museum, East Melbourne</b> <b>Active Trip!</b> Join us on a guided tour of Australia's largest collection of fire brigade memorabilia including vintage fire vehicles and other appliances, helmets, 18th century uniforms, badges, models, and much more. Lunch after at a café.	 <b>\$23.00</b> (plus lunch)
<b>TUESDAY</b> <b>13<sup>th</sup></b> 	<b>Lynbrook Hotel</b> Enjoy a sumptuous all-you-can-eat buffet at this BASScare favourite. The extensive menu includes a carvery, seafood bar, Asian dishes, Indian curries and delectable desserts.	<b>\$37.90</b> (incl lunch)
<b>FRIDAY</b> <b>16<sup>th</sup></b> 	<b>Monash Gallery of Art - Active Trip!</b> The gallery houses photographic works and the landscaped grounds are a sculpture park, with an onsite café for lunch. Currently showing " <i>The light fades but the gods remain</i> " by Bill Henson, one of Australia's most eminent artists.	 <b>\$15.00</b> (plus lunch)
<b>TUESDAY</b> <b>20<sup>th</sup></b> 	<b>Glasshouse Restaurant, Caulfield Racecourse</b> Join our friendly group for a tasty bistro lunch at this BASScare favourite. After lunch, stretch your legs and enjoy a stroll around the beautiful rose gardens.	<b>\$15.00</b> (plus lunch)
<b>FRIDAY</b> <b>23<sup>rd</sup></b> 	<b>Billy Goat Brasserie, Mt Evelyn</b> Explore the village of Mount Evelyn in the Yarra Ranges. After a café lunch we will stop by the historic old railway platform which has stunning views of Mt Dandenong	<b>\$15.00</b> (plus lunch)
<b>TUESDAY</b> <b>27<sup>th</sup></b> 	<b>Westernport Hotel, Hastings</b> Enjoy a delicious lunch at this friendly pub in the heart of Hastings. Then, if you fancy, take a stroll to the foreshore or browse the local shops.	<b>\$15.00</b> (plus lunch)
<b>FRIDAY</b> <b>30<sup>th</sup></b> 	<b>Cam's Café, Abbotsford Convent - Active Trip!</b> Join us for a tasty lunch at Cam's, a friendly café bathed in sunlight at the Abbotsford Convent site. Wander the historic courtyard or view the two gallery spaces	<b>\$15.00</b> (plus lunch)

# 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).**



- **July 3rd – Red Dog: True Blue (2016)**  
An iconic Australian story of family, friendship and adventure, between a young boy and a scrappy one-of-a-kind dog.
- **July 10th - Storm Boy (2019)**  
A 10 year old boy lives on a desolate coastline, where he forms a close bond with a pelican.
- **July 17th – Guess Who's Coming to Dinner (1967)**  
Spencer Tracey stars in this comedy/drama classic.
- **July 24th - The Monuments Men (2014)**  
WWII drama/action film about recovering stolen masterpieces starring George Clooney, Matt Damon, Bill Murray & John Goodman.
- **July 31st – No Movie (Christmas in July Lunch)**
- **August 7th - The Favourite (2018).**  
Drama/comedy about Queen Anne ruling 18th Century England.
- **August 14th – No Movie (Mailout)**
- **August 21st - Cosi (1996).**  
An Australian comedy/drama with Ben Mendelsohn and Toni Collette.
- **August 28th - Green Book (2018).**  
A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South. 2018 Academy Award for Best Picture!

## 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





# 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-4.00pm  
**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

**Fortnightly Monday outings from Canterbury Centre.**

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

- |                      |                                        |         |
|----------------------|----------------------------------------|---------|
| • <b>July 1st</b>    | Bentleigh Club                         | \$34.50 |
| • <b>July 15th</b>   | West Waters Hotel,<br>Caroline Springs | \$31.00 |
| • <b>July 29th</b>   | Grand Hotel Healesville                | \$35.00 |
| • <b>August 12th</b> | Stoney's, Bacchus Marsh                | \$33.00 |
| • <b>August 26th</b> | Whittlesea Bowls Club                  | \$31.50 |



### EXERCISE PROGRAMS

**Refer to calendar for dates, times & locations**

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](mailto:m.azzopardi@basscare.org.au)**  
Or feel free to chat with one of our friendly Client Liaison Officers.

*"Matthew is wonderful.  
He has helped me to help  
myself. I prefer the  
one-on-one classes.  
The individual exercises  
work well for me."*

Heather Rundle  
BASScare Client



# What's on at

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

## **LEARN, LAUGH AND LUNCH** **that's exactly what it's all about!**

Join our welcoming group which meets every Wednesday to share a morning filled with fun, stimulating activities and a chance to share your interests in great company.

Enjoy guest speakers and presentations on a wide range of topics and feel at home supported by our fabulous team members who treat you as an individual, understand your needs and respect you for your knowledge and life experiences.

Ask for a copy of the program of our upcoming topics. **It's a great way to spend a Wednesday!**

One of our Learn Laugh and Lunch participants, Dorothy Clarebrough, is pictured here delivering Meals on Wheels and more recently as a participant in our group with Meals on Wheels Co-ordinator Geraldine Collins.



**Once a part of the BASScare community, always a part of the BASScare community...**



**Bookings or inquiries phone 9880 4709 or email [socialsupport@basscare.org.au](mailto:socialsupport@basscare.org.au)**

## **BC CONNECTED**

These are one-on-one sessions to help you understand and use computers, tablets and mobile phones.

**Book your free sessions for Tuesday, Thursday or Friday afternoons.**

***"Learning an iPad seemed like a difficult task for me as I age but Jeff is a very good teacher. He is calm, patient and knowledgeable and has opened up the possibilities of my iPad."***

Joy Samuels – BASScare Client



**Be  
connected.  
Stay  
connected.**

# What's on at

**Marwal Centre** 9 Marwal Avenue North Balwyn  
For bookings and inquiries please phone 9819 7194

- **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**

## 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



## SOCIAL ACTIVITY PROGRAM **TERMS & CONDITIONS**

**We warmly welcome you to BASScare's activities and services.**

Most of BASScare's Social Support clients are eligible for Commonwealth Home Support Program subsidy. The prices indicated in this newsletter are the subsidised price. BASScare has an assessment process which works in conjunction with My Aged Care referral to determine your eligibility for this subsidy.

Please refer to our Fee Schedule for full details on pricing and eligibility requirements.

**For more information please contact the Canterbury Centre Reception  
Phone: 98804700.**





### **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 Phone: 98804700** Office Hours: Monday-Friday 9am-4pm

**Web: [www.basscare.org.au](http://www.basscare.org.au)**

**f BASScareAgedCare**

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 September/October newsletter folding and mail out on Wednesday

14th August 1:30-3.00pm at Canterbury Centre, 2 Rochester Road, Canterbury.

Enjoy good company, a cuppa and cake from us to say Thank You.

## **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.

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.