

September - October 2019

SOCIAL AND WHAT'S ON ACTIVITIES

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



Spring DANCE

Thursday 24th October

11.30am-2.30pm

PAGE
3

Book
Today



PAGE
3



PAGE
4



PAGE
6-7

20 EXPLORE Bus Trips

Great social group outings



September & October

EDITOR

We're past the season for rugging up and now we slide straight into spring! Let us take you out to Melbourne's rich surrounds with new destinations, exhibitions and some old pub favorites for the odd flutter.

A bit closer to home there's an array of special things happening right here at our community centres in both Canterbury and Balwyn North. Over the next few months we'll also be welcoming you to come in and have your picture taken, make short videos and share those stories with our community and the world of social media. There are ever evolving new ways of communicating with phones, tablets, virtual reality, and artificial intelligence

and of course emoji's. 😄 You can chat to our Volunteer Computer tutors for more information.

Here's to kicking up your heels this September and October or, if you'd prefer, come in for a quiet conversation, coffee or read a book in the Community Lounge.

For those who are interested in writing short 500-word snippets about your experiences there is also the Recollections project run by the Life Writing Program. More on this to come in the next few months.

See you soon!

SEPTEMBER / OCTOBER - SOCIAL ACTIVITIES & WHAT'S ON

IN THIS ISSUE:		Learning & Special Interest	8-9
SPECIAL EVENTS Discover what's on	3-5	Wellbeing	10
EXPLORE Bus outings & day trips	6-7	Meals & Services	11

ALL BOOKINGS

Please phone us or pop into Canterbury Centre to speak to our Client Liaison Officers.

Canterbury Centre

2 Rochester Rd, Canterbury

Phone: 9880 4709

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: 9880 4703 Office Hours: Monday-Friday 9am-4pm

Web: www.basscare.org.au

f BASScareAgedCare

** NOTE: our 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 the next working day.*

Special Events

Discover what's on



SPECIAL LUNCH

It's footy finals time so come and celebrate with food, drinks, fun and our famous footy quiz.

You don't have to be a football fanatic to enjoy the delicious food, good fun and great company!

- Canterbury Centre,
2 Rochester Road,
Canterbury.
- **Costs: \$20**
(including food & drinks).

Come wearing your favourite team's colours.

Wednesday 25th September

12.15pm - 2.30pm



SPECIAL EVENT

Put a spring in your step and song in your heart at BASScare's annual Springtime Dance. KATO will be back by popular demand to get you in the mood.

Come for a whirl and twirl or feel free to just sit back and enjoy the show!

- Marwal Centre,
9 Marwal Ave,
Balwyn North.
- **Costs: \$22**
(including a light lunch).



**Spring
DANCE**

Thursday 24th October

11.30am - 2.30pm

Bookings Essential: 9880 4709 or email socialsupport@basscare.org.au
Transport available: \$5 each way (booking required)

Special Events

Discover what's on

2019 Victorian Seniors Week Special Event

OPEN DAY

Canterbury Centre

We're celebrating Victorian Seniors' Week at Canterbury Centre by throwing open our doors to all seniors in our community to showcase what we're all about! If you haven't dropped in for a while or not sure what all the fuss is about this is your chance to come along and find out. If you're a regular, this is a great opportunity to bring a friend, neighbour or relative to introduce them to the BASScare community.

- **Monday 7th October** 9.00am – 3.00pm
Canterbury Centre, 2 Rochester Road.
- **Costs:**
FREE Brain Games Session at 1.30pm.
Lunch in the dining room at 12.30pm for \$12 (bookings essential).
- **Transport:** FREE transport available (conditions apply).

WEEKLY LIVE MUSIC & DANCE

The North Balwyn Senior Citizens Club host live music and dance each Monday from 11.30am at the Marwal Centre, North Balwyn.

FREE LIVE MUSIC PERFORMANCE

VARDOS

Please join us as we welcome back the Melbourne Recital Centre Music Always Program with a special performance by Vardos! Driven by Alana's wild violin—chased by accordion and double bass—Vardos play Gypsy and folk music learnt from Romanian and other musicians during their travels in Eastern Europe.

- **Thursday**
19th September
2.00pm
Canterbury Centre,
2 Rochester Road.
- **Costs: FREE**
Bookings are essential.

There will be a sumptuous three-course lunch served prior to the concert for \$12 from 12.30pm – 1.45pm.

Bookings Essential: 9880 4709 or email socialsupport@basscare.org.au
Transport available: \$5 each way (Bookings required. Conditions apply)



Marwal Centre

At Marwal Centre we are excited to offer a **FREE** chair-based yoga class for those who might like to try something new or different from their normal exercise classes.

- **Monday 7th October**
Yoga Class 10.00am – 11.00am
Marwal Centre, 9 Marwal Ave,
Balwyn North.
- **Transport:** FREE transport available (conditions apply).

**Delivered
in English
and Mandarin.**

FREE
Chair-based
YOGA
CLASS



Please phone 9819 7194 for more information and club program details.



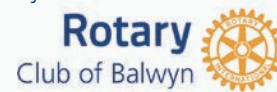
Special Events

Discover what's on



Small **Seeds** Community Garden

Proudly supported by



Spring has sprung and we are ramping up our community gardening project. Come and be involved in the seasonal festivities as we get together to learn, plant and help big things grow.

- **Wednesday 11th September,**
10.30am – 12.00pm
Canterbury Centre, 2 Rochester Road.

Afterwards there will be a Spring themed lunch at Canterbury Centre
12.15pm – 1.30pm.

- **Costs: \$12 (bookings essential).**

SPRING SPECIAL



SPECIAL PRESENTATION

Pharmacy Guild of Australia

Join us for a very important discussion with Stan Goma—General Manager Pharmacy Guild of Australia—Victoria. Stan will share his extensive knowledge and answer questions to help you gain a better understanding of topics relating to medications such as:

- **Interactions between prescription medication & some herbal supplements**
- **Potential side effects**
- **How to store medications safely**
- **Generic medication options**
- **Safe disposal of old medications**
- **Easy to use dispensers**
- **Home medicines review.**



- **Cost: FREE.**
- **Wednesday 18th September,**
10:45am – 12.00pm
Canterbury Centre, 2 Rochester Road.
- **3 course lunch served afterwards**
at 12.30pm for \$12.

Bookings Essential: 9880 4709 or email socialsupport@basscare.org.au
Transport available: \$5 each way (booking required)

Explore Bus Trips **September**



For more information and bookings phone 9880 4709

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



TUESDAY 3rd 	Hampton Park Tavern Includes a three course lunch	\$30 (incl lunch)
FRIDAY 6th 	Galli Estate Winery Enjoy a lunch and relaxing vineyard atmosphere. Italian style wines are on offer at the cellar door.	\$15 (plus lunch)
TUESDAY 10th 	Kirks on the Esplanade, Mornington Enjoy a meal at this restaurant with beautiful water views followed by a beachside stroll.	\$15 (plus lunch)
FRIDAY 13th 	Ballarat - Active & Longer Trip! Lunch at the Munster Arms Hotel in the historic Bakery Hill area.	 \$15 (plus lunch)
TUESDAY 17th 	Greyhounds Entertainment	\$15 (plus lunch)
FRIDAY 20th 	Palace Cinema – “Downton Abbey” Discover the latest goings on with the Crawley family and their servants. Enjoy the film and a tasty café lunch or snack.	\$TBA
TUESDAY 24th 	Tooradin & District Sports Club Includes a two course lunch.	\$33 (incl lunch)

Fortnightly Monday outings from Canterbury Centre

Join the blokes of Boroondara to talk, laugh, learn and enjoy a meal.



BOROONDARA BLOKES

MONDAY 9th 	Greyhound Entertainment	\$15 (plus lunch)
MONDAY 23rd 	Fratelli Restaurant, Frankston.	\$15 (plus lunch)

Explore Bus Trips **October**



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

TUESDAY 1st 	Hallam Hotel Enjoy a tasty lunch at this friendly pub.	\$15 (plus lunch)
FRIDAY 4th 	Tyabb Packing House – Active Trip! Explore this giant space dedicated to antiques, memorabilia, fine art, jewellery and a second-hand bookshop covering every subject you can think of! Coffee or lunch available at the onsite café.	\$15 (plus lunch)
TUESDAY 8th 	Lilies on Brougham Explore this French inspired tearoom, gift shop and boutique nursery adjacent to picturesque Diamond Creek.	\$15 (plus lunch)
FRIDAY 11th 	McClelland Sculpture Park - Active Trip! Enjoy lunch at Fratelli's restaurant, Frankston, followed by a wander through the outdoor sculpture collection showcasing over 100 works by prominent Australian artists. (Note: gravel paths).	\$15 (plus lunch)
TUESDAY 15th 	Cunninghams Hotel, Yarra Junction Includes a two course lunch	\$36 (incl lunch)
FRIDAY 18th 	Geelong - Active & Longer Trip! Enjoy fish and chip Friday at the Geelong Boat House, a refurbished vintage barge perched over the water on Corio Bay.	 \$15 (plus lunch)
TUESDAY 22nd 	Mordialloc Sports Club Includes a two course lunch.	\$30 (incl lunch)
FRIDAY 25th 	Picnic at Lilydale Lake Join us for a seasonal picnic lunch at picturesque Lilydale Lake accompanied by the sound of the local bellbirds.	\$24 (incl lunch)
TUESDAY 29th 	BT Dubs Cafe, Warburton Café lunch and a stroll through Main street shops or sit on the banks of the Yarra River and take in the view.	\$15 (plus lunch)

BOROONDARA BLOKES

MONDAY 7th 	Hallam Hotel	\$15 (plus lunch)
MONDAY 21st 	Picnic at Lilydale Lake	\$24 (incl lunch)

Learning & Special Interest

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

SPECIAL PRESENTATION

SCAMS

Online and phones scams are becoming more and more frequent. Scammers are using devious methods to target older adults. The best way to protect yourself is with awareness and education. Join Leading Senior Constable Margaret Bonnett for a FREE information session on how to avoid being scammed.

FREE
Booking
required



Wednesday 9th October
10:45am – 12.00pm at Canterbury Centre

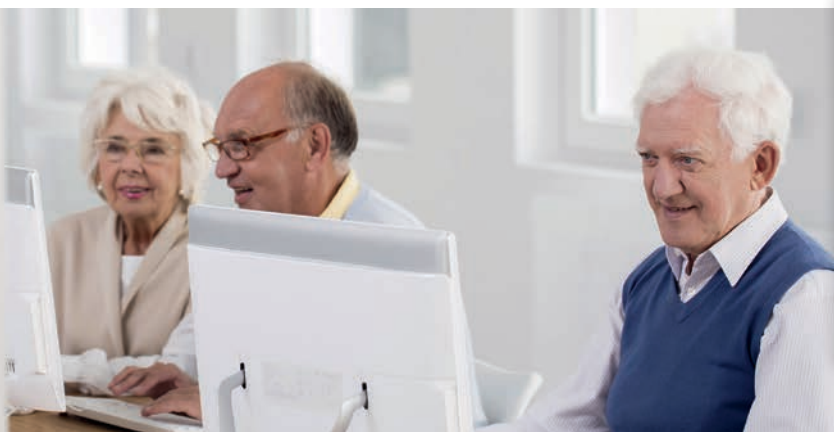
Stay afterwards for a delicious 3 course lunch at 12.30pm for only \$12.

BC CONNECTED

We have a new home with a dedicated office at Canterbury Centre!

Our BC Connected team of Volunteers are here to help. 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.



Brain Games Group

Challenging your brain and staying socially active are the two most important factors in avoiding the pitfalls of ageing. This is not your average quiz group. Run by Volunteers Bruce, Caroline, Kate and Dom. They produce thought provoking material with stimulating presentations, brain teasers and group discussion.



exercise your brain



FREE TRIAL FOR NEWCOMERS

Mondays 1.30pm

Learning in a fun way Cost: \$5 at Canterbury Centre

Come early at 12.30pm to enjoy a delicious 3 course lunch for only \$12

Learning & Special Interest

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 of participants, Volunteers and staff who meet every Wednesday. It's a chance to share your interests in great company.

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

- **Wednesdays** 10:30am
Canterbury Centre.
- **Bookings:**
Prior registration is essential.
- Ask for a copy of the program of our upcoming topics.



MOVIES Join us for a film on Wednesday afternoons at 1.30pm.
Cost: \$5 (icecream available for \$1).



SEPTEMBER

- **4th** - **The Zookeepers Wife** (2017)
- **11th** - **Teacher's Pet** (1958)
- **18th** - **Stan and Ollie** (2018)
- **25th** - **No Movie** (Special AFL Lunch)

OCTOBER

- **2nd** - **The Glenn Miller Story** (1954)
- **9th** - **La La Land** (2016)
- **16th** - **No Movie** (Mailout)
- **23rd** - **You were Never Lovelier** (1942)
- **30th** - **Book Club** (2018)

ART & CRAFT CLASSES

- **Craft**
Wednesday 1.30pm-4.00pm
Cost: \$5 (independent).
- **Pottery** with Nikki Worth
Thursday 1.30pm-4.30pm
Cost: \$15 (teacher led).
- **Art Group** with Helen Yu
(various mediums incl. pastels)
Friday 1.30pm-4.30pm
Cost: \$15 (teacher led).



Wellbeing

For bookings and inquiries please phone:

• **Canterbury Centre** 9880 4709 • **Marwal Centre** 9819 7194

EXERCISE PROGRAMS

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.

"My apprehension when I started was that I would be uncomfortable but the encouragement from the teacher and the relaxed atmosphere made me feel most welcome. I love the comradery and congenial spirit."

Savira Gill - BASScare Client

Refer to pull out
September/October
calendar for dates,
times and locations.



EXERCISE PHYSIOLOGY

BASScare offers one-to-one Exercise Physiology (EP) sessions. Our Exercise Physiologist will work with you to assess your health and exercise 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 a class or consultation call our Exercise Co-ordinator & Exercise Physiologist Matthew Azzopardi.

P: 9880 4709

E: m.azzopardi@basscare.org.au



PLAY MUSIC

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



Join our fun, research-based, award-winning music program bringing together children and older adults through music and play.

**Book
Today**

Fridays 10.30 - 11.15am

Term 4: 18th October - 6th December

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 for \$12 afterwards at 12.30pm

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

Newcomers
**FREE
Trial**
19th October

Services & Meals

For bookings and inquiries please phone:

• **Canterbury Centre 9880 4709** • **Marwal Centre 9819 7194**

DINING OUT **COMMUNITY DINING**

Enjoy a tasty three course lunch and great company

- **Canterbury Centre, 2 Rochester Rd, Canterbury**
Monday – Friday 12:30-1:30pm for \$12.
- **Marwal Centre, 9 Marwal Ave, Balwyn North**
Thursday 12.00pm for \$12.
- **Faversham House, 27 Shierlaw Ave, Canterbury**
Sunday 12.30pm for \$15, (for bookings call Canterbury Centre).



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 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
in Boroondara
Call **9880 4703**



Nutritious & convenient
BASScare Frozen Meals



Available for purchase from Marwal Centre and Canterbury Centre during office hours.



Social activity Program - Terms & Conditions

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 a My Aged Care referral to determine your eligibility for this subsidy.

For more information and to get a copy of our fee schedule please phone Canterbury Centre Reception/speak to our client liaison officers on 03 9880 4709.

Working Bee - Diary Date

Join us for the November/December newsletter folding and mail out on Wednesday 16th of October at Canterbury Centre, 2 Rochester Road, Canterbury.
Enjoy good company, a cuppa and cake from us to say Thank You.

Transport on the BASScare bus

Transport to and from BASScare centre-based activities and lunch (subject to availability) is \$10 per return trip. Please phone 9880 4709 to check.

BASScare bus pick up areas include Kew, North Balwyn, Balwyn, Canterbury, Surrey Hills, Camberwell and Hawthorn. Our exercise class pick up covers a smaller geographical area. We collect from Camberwell, Canterbury, Surrey Hills, Balwyn, North Balwyn and Kew.

Booking two days prior is essential.

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.

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.

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.