

November - December 2019

# SOCIAL ACTIVITIES

## AND WHAT'S ON

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



JOIN US FOR A  
**Merry Christmas!**  
**LUNCH**



### Santa Claus is coming to Town

We'd love to see you at the Canterbury Centre one last time in 2019 to help celebrate the festive season and the end of a busy year. There will be live entertainment, a traditional three-course meal, prizes, decorations and a whole lot of fun!

**LIVE ENTERTAINMENT**  
and  
**PRIZES!**

**\$25**

**Wednesday 18th December 12.15pm - 2.30pm Canterbury Centre**  
Limited places - Book early to avoid disappointment

**WHAT TO DO**  
IN AN  
**EMERGENCY**

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**Music Always**  
with

**Hetty Kate**

**FREE LIVE MUSIC PERFORMANCE**



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**17 EXPLORE**  
**Bus Trips**

Great social group outings



## November & December

EDITOR

### Yes... the Christmas Bells Are Ringing!

We look forward to welcoming you to our Christmas Lunch on 18 December. Come enjoy some roast turkey and a glass of wine with friends a week before Christmas.

And we have big plans for the New Year too: a re-vamped Brain Games format... see the next issue of this newsletter for more details; a revised Play Music program; plus, a storytelling project featuring YOUR stories. Please start searching through your favourite photos now in preparation for this exciting new project.

Our new Community Lounge is more comfortable and better stocked with coffee, info, and a smart TV for short films (both fiction and docos). And we have a dedicated room designed to help you with your technology queries, and ongoing one-on-one support from computer kiosk volunteers.

You're welcome to borrow a book, movie or music from our library for your entertainment at home during the holiday break.

Anyway, we'll see you soon. Best wishes for a hearty Christmas from all of the team at BASScare.

### ALL BOOKINGS

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

#### Canterbury Centre

2 Rochester Road, 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 Avenue, 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](http://www.basscare.org.au)**

**f BASScareAgedCare**

*\* NOTE: BASScare community centres, Meals on Wheels office and social activities 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.*

# CHRISTMAS DAY LUNCH

Wednesday **25th December** 12.15pm-2.00pm

**BOOKINGS  
ESSENTIAL**

at **Faversham House** 27 Shierlaw Ave, Canterbury

Please book and pay by  
**13th December**

**Cost: \$30** - Drinks and 3 course meal  
**Transport: \$5** each way (Booking required)

# What's on at Canterbury Centre NOVEMBER

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

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

**STAY FOR LUNCH SERVED AT 12.30PM, \$12 FOR A DELICIOUS 3 COURSE MEAL**

Join us for an important presentation from Boroondara Council Emergency Management Project Officer Robert Beattie discussing:

- Councils' role in emergencies
- Nurse on Call and emergency doctors
- What to do in a heat wave, thunderstorm and other weather events
- Information on public broadcasting, Victorian Emergency Services and Apps.

**Wednesday 6th November**

**10.45 - 12.00pm**

**Cost: Gold coin donation**



SPECIAL PRESENTATION

## WHAT TO DO IN AN EMERGENCY

**BOOK TODAY**



### FREE LIVE MUSIC PERFORMANCE

## Music Always

It is our privilege to once again host the Melbourne Recital Centre's Music Always program. This time they'll be bringing to us the charismatic and technically gifted swing-style vocalist Hetty Kate. Hetty has released nine albums and graced stages large and small.

**Bookings essential**

**Tuesday  
12th November  
2.00pm**

Enjoy a 3 course lunch before the performance for \$12 from 12.30pm – 1.45pm



*"Truly one of the best swing-style singers in the current scene..."*

*Will Friedwald, Jazz Critic & Author*



**NATIONAL GALLERY  
OF VICTORIA NGV**

## ART in the Outdoors

National Gallery of Victoria volunteer Lee Emery will present on a range of mark-making techniques found outside the gallery, including those in Boroondara.

Step into the world of:

- Street art and graffiti
- Murals and art in public spaces
- Australian wheat silo paintings
- Aboriginal art on bark and rocks!

**Wednesday 20th November**

**10.45 - 12.00pm**

**Cost: Gold coin donation**





# Explore Bus Trips **November**



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>Mornington Botanical Rose Garden</b> Enjoy a picnic lunch and a stroll around the gardens featuring over 4000 roses from around the world. Nearby are galleries and shops if you'd like to take a wander.	<b>\$24</b> (incl picnic lunch)
FRIDAY 8 <sup>th</sup> 	<b>Dixon's Creek Bar &amp; Grill</b> Enjoy a tasty lunch at this Yarra Valley favourite	<b>\$15</b> (plus lunch)
TUESDAY 12 <sup>th</sup> 	<b>Melbourne Recital Centre presents Hetty Kate at BASScare</b> One of the best swing-style singers in the current scene performing at Canterbury Centre. Cost includes a 3 course lunch and transport.	 <b>\$22</b> (incl lunch)
FRIDAY 15 <sup>th</sup> 	<b>Werribee Park Mansion - Active &amp; Longer Trip!</b> Enjoy a visit to the beautiful Werribee Park estate with lunch at the Mansion Café.	 <b>\$22</b> (plus lunch)
TUESDAY 19 <sup>th</sup> 	<b>White Rabbit Café, Brighton</b> Join us for a tasty café lunch at this very popular Brighton café.	<b>\$15</b> (plus lunch)
FRIDAY 22 <sup>nd</sup> 	<b>Royal Hotel, Mornington</b> Enjoy a meal with beautiful water views and a beachside stroll.	<b>\$15</b> (plus lunch)
TUESDAY 26 <sup>th</sup> 	<b>Mulgrave Country Club</b> Two course seniors lunch with sports bar & gaming facilities.	<b>\$31</b> (incl lunch)
FRIDAY 29 <sup>th</sup> 	<b>Flemington Racecourse</b> Come and discover all the secrets of Flemington! We will enjoy lunch at the Headquarters Tavern followed by a guided tour of the Heritage Centre, mounting yard, jockeys room, finish post and Bart Cummings' trophy collection.	<b>\$30</b> (plus lunch)

## Fortnightly Monday outings from Canterbury Centre

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









### BOROONDARA BLOKES

MONDAY 4 <sup>th</sup> 	<b>Rosebud RSL</b>	<b>\$32</b> (incl lunch)
MONDAY 18 <sup>th</sup> 	<b>Hampton Park Tavern.</b>	<b>\$30</b> (incl lunch)

# Explore Bus Trips **December**



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



<b>TUESDAY</b> <b>3<sup>rd</sup></b> 	<b>Christmas Shopping at Epping Plaza</b> Get your Christmas shopping sorted! Epping Plaza has 230+ shops offering gifts, homewares, fashion and more, including Big W and Harris Scarfe.	<b>\$15</b> (plus lunch)
<b>FRIDAY</b> <b>6<sup>th</sup></b> 	<b>Lady Lavender's Tea Room, Bunyip – Active Trip!</b> 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.	 <b>\$15</b> (plus lunch)
<b>TUESDAY</b> <b>10<sup>th</sup></b> 	<b>Waterloo Cup Hotel, Moonee Ponds</b> Two course seniors lunch with sports bar and gaming facilities.	<b>\$31</b> (incl lunch)
<b>FRIDAY</b> <b>13<sup>th</sup></b> 	<b>Christmas Lunch at Pig &amp; Whistle Tavern, Olinda</b> Enjoy an end of year celebration with a scrumptious three course Christmas lunch with all the trimmings at this popular Olinda venue.	<b>\$50</b> (incl lunch)
<b>TUESDAY</b> <b>17<sup>th</sup></b> 	<b>Cardinia Club, Pakenham</b> Two course seniors lunch with sports bar & gaming facilities.	<b>\$33</b> (incl lunch)

Thank you to all those who joined us on an outing this year.

**Have a safe and happy holiday season**  
and we looking forward to taking you to even more interesting and fun locations starting 10 January 2020!



## BOROONDARA BLOKES

<b>MONDAY</b> <b>2<sup>nd</sup></b> 	<b>Mulgrave Country Club</b>	<b>\$31</b> (incl lunch)
<b>MONDAY</b> <b>16<sup>th</sup></b> 	<b>Cardinia Club</b>	<b>\$33</b> (incl lunch)

# Learning & Special Interest

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



**SPECIAL PRESENTATION**

## All about Composting

Liz Caspar – Senior Sustainability Officer from the City of Boroondara will talk about:

- How you can join the composting revolution
- How to set up a compost bin and care for your worm farm.
- How to order a council subsidised compost bin or worm farm.\*

\* conditions apply



**Book Today**

**Wednesday 13th November** 11:00am – 12:00pm

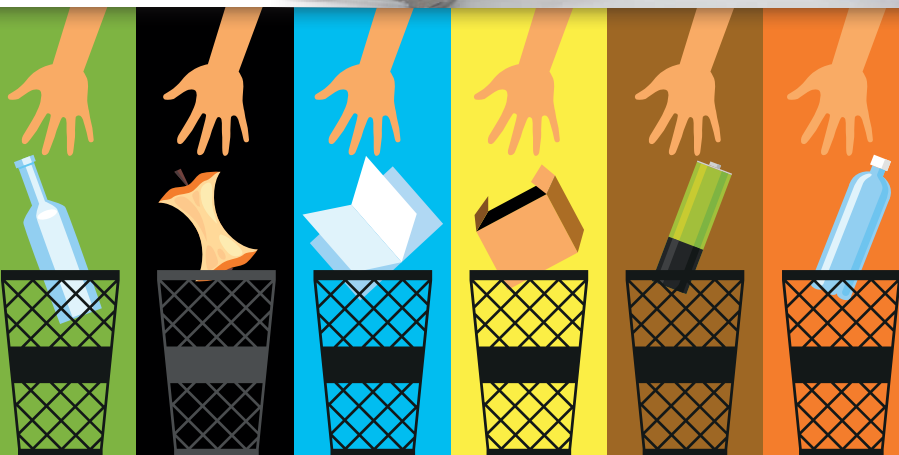
**Cost: Gold coin donation Transport: \$5 each way (booking required)**

Stay after our special presentations for a delicious  
**3 course lunch at 12.30pm**  
**for only \$12.**



**SPECIAL PRESENTATION**

## Recycling Matters!



Katelyn Fryer from Kew Waste and Recycling Depot will tell us:

- how to recycle our waste
- what to do with electronic waste
- introduce Boroondara Council's 2020 food waste recycling program 'FOGO'.

**Wednesday**  
**11th December**

10:45am – 12:00pm

**Cost: Gold coin donation**

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



# Learning & Special Interest

**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 (icecream available for \$1).



- Nov 6th - **Moonrise Kingdom** (2012)
- Nov 13th - **Yesterday** (2019)
- Nov 18th - **Key Largo** (1948)
- Nov 27th - **Rocketman** (2019)
- Dec 4th - **It's a Wonderful Life** (1946)

## WEEKLY SOCIAL ACTIVITY PROGRAMS AND SERVICES

*Refer to pull out calendar for more details on days and times.*

### Social Activity Programs

- **Group Exercise Class**  
Novice through to advanced classes to keep you fit and strong - \$12
- **Brain Games**  
Interactive learning and puzzles \$5
- **Learn Laugh and Lunch**  
Guest speakers and presentations on a wide variety of topics – Contact reception
- **Art and Craft Groups**  
Create with pottery, pastels, knitting and much more! - \$5 - \$15
- **Live Music and Dance**  
Weekly live entertainment  
- Contact reception
- **Small Seeds**  
Community gardening group FREE
- **BC Connected**  
One to one help with technology FREE

### Allied Health & Hairdressing Services

- **Podiatry** – Fortnightly at Canterbury and Marwal Centres – Starting from \$12
- **Exercise Physiology** – One to one sessions with a qualified and experienced instructor – Starting from \$20
- **Hairdressing** - Fortnightly at Canterbury and Balwyn – Cuts starting from \$15 (Men) & \$23 (Ladies)

### Community Dining & Meal on Wheels

- **3 course meal at Canterbury Centre**  
– Monday to Friday \$12
- **3 course meal at Marwal Centre**  
– Thursday \$12
- **3 course meal at Faversham House**  
– Sunday \$15
- **Meals on Wheels** delivered to your home  
– starting from \$9.50
- **Frozen Meals** from Centres - \$7

**Please call or drop into one of our community centres for more information on any of our weekly programs or services.**



## **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 January/February newsletter folding and mail out on Wednesday 11 December at the 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 book.

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](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.