

January - February 2020

# SOCIAL ACTIVITIES **AND WHAT'S ON**

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

**Australia Day BBQ Lunch**



**CELEBRATE AUSTRALIA DAY!**  
**PROUD TO BE AUSTRALIAN!**

**Wednesday 22nd January**  
12.15pm - 2.30pm **Canterbury Centre**

**FRIENDS & FAMILY WELCOME**

## **SPECIAL LUNCH**

Join us for a traditional Aussie BBQ and drinks in the gardens behind Canterbury Centre as we celebrate friendship and all that makes this country great.

**RSVP by 15th January**  
(Booking essential)

Transport: \$5 each way  
(Booking required)

**\$15**

**WHAT'S YOUR STORY?**

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**Music Always** with  
**The String Contingent**



**FREE LIVE MUSIC PERFORMANCE**

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**18 EXPLORE Bus Trips**

Great social group outings



## January & February

EDITOR

**The End of an Era and the Beginning of Something New.** As 2020 heralds the dawn of a new decade, we find it fascinating a number of you took your first breath in the 1920s...and now you are here to tell the tale almost 100 years on!

BASScare delights in your ability to share tales of your past. See page 3 for more information on our storytelling project and how you can get involved.

With the start of a new year come new beginnings. Exercise classes will re-commence in January. We have different classes to choose from to fulfill any of those New Year's resolutions to get active. It's not only your body that we keep active but also your mind. Our Brain Games program is evolving and expanding in 2020 due to its success in 2019. We thank volunteer presenters Bruce and Caroline for their commitment and dedication to creating the program and building it into the program it is today. Try your hand at pottery during a demonstration by Julian Chan, or attend a lecture on 'Music for Wellbeing'.

We wish to extend an invite to come and enjoy the Canterbury Centre community lounge which is open to all our clients and volunteers.

This space provides an opportunity to make new social connections or to meet up with friends from your own networks or groups you attend at BASScare.

We kick off the New Year with a traditional Aussie BBQ on the 22nd January to celebrate friendships and all that's great about Australia.

We loved taking you on different outings in 2019. We can't wait to do it again this year and explore new places with fond memories. Please don't hesitate to pass on your suggestions about places you'd like to go.

Finally, back by very popular demand is Melbourne Recital Centre Music Always program with 'String Contingent'. World class music right here in Canterbury and it's free.

Looking forward to seeing you all in the coming weeks.



### 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.*


# What's NEW at Canterbury Centre

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

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

YOUR LIFE STORY TELLING

PROGRAM



# What's your story?

Inside all of us is a natural born storyteller waiting to be released.

Join us for this **FREE INFORMATION AND INTRODUCTORY SESSION**

**Human beings love stories.** The most powerful story of all is our life story as it is the sum total of our experiences. We may all be from different places and backgrounds but we are united in our experiences. We'd love to hear about the experiences that shaped you into the person you are today. Whether you choose to write your story down in a memoir or talk directly to a camera it's your story! Not only does it help you speak directly from the heart but it also gives you a precious and unique gift to hand on to your family and friends. It could be a funny story about walking to school with the children from your neighbourhood or how you knew what your calling was in life.

Our pilot Life Story Telling program began on 27th November after a small group told snippets of their life stories. They were interviewed and videoed by a professional team. We'll be sharing edits of their stories with you all on our TV in the Community Lounge.

We'd like to get as many of our clients involved as possible. The next filming session will be in March. If you'd like to get involved please let us know by phoning 9880 4709 or chat to one of the staff when you are at Canterbury or Marwal Centre. All filming will be done at Canterbury Centre. We'll have an initial briefing session which will help you focus on those stories that you would like to tell. You'll be assisted by an interviewer who can help you focus on what is important to you and what you'd like to share. Bring a photo or object that reminds you of a memorable moment you'd like to talk about.

To help you get started think about these prompts... 'if you wrote a letter to your 14 year old self what would it say?', 'who has influenced you to become the person you are?'

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**Tuesday 4th February**  
1.30pm  
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## BASScare Activities



### TESTIMONIAL

#### **BASScare – The social connections that lead to more and more**

A few years ago, my good friend and neighbour Judy Russell asked if I would like to be a volunteer with a group she co-ordinates at BASScare. I went each Wednesday first to listen to the interesting and informative sessions. The group was mostly male but there were two lovely ladies I was able to assist by taking them to the bathroom with their walking frames.

Members of the group who only had the use of one arm I could help with simple tasks such as cutting up the food on their plates. The conversation around the table was hilarious. And I began to look forward to my Wednesday contact with these gentlemen.

A bit later I heard about a 'No Falls' exercise program which I went to and enjoyed. At its completion I went onto a more advanced exercise group on Tuesdays. I still do the 'No Falls' exercises each day when I come home from walking the dog.

Then, after reading the BASScare newsletter, I noticed there was a group called Brain Games on Monday. I began attending. I took to it like a duck to water and always came away from the session having learnt something new and enjoyed a good laugh.

Brain Games is a complete distraction from whatever may have been bogging me down prior to attending. I invariably find the atmosphere at BASScare a welcoming one to walk into. A smile and greeting from the receptionist or any other staff person I may bump into. It is a very special centre for learning, support and companionship for many senior citizens.

*Moyra Dovolil*

**Lunchtime  
Special**  
**2** for the  
price of **1**

**\$12\***

**3 Course lunch**  
Soup, main course  
and dessert  
of the day

**Canterbury Centre**  
**Monday - Friday**  
**12.30-1.30pm**

**BOOKINGS ESSENTIAL**  
**9880 4709**

**\*T&C's apply: Bring along a new friend or family member to receive offer!**  
**LIMITED TIME OFFER 5/11/19 - 31/1/20** Closed Public Holidays & 27/12/19

## Discover what's on at Canterbury Centre

# Music Always

with

## The String Contingent

Book Today



# FREE

music concert jointly presented by  
**BASScare** and **Melbourne Recital Centre**

Acoustic chamber-folk music, *The String Contingent* have a unique sound that confidently walks the line between folk, classical, jazz and bluegrass. The trio share a cheeky camaraderie and musical ethos that showcases the individuality of each musician and eclipses genre. Their passionate musicianship and instrumental skills; a joyful combination of precision, refinement and beauty, balanced with visceral energy and drive, make this a performance not to be missed!

If you enjoyed *Inventi Ensemble*, *Vardos*, or *Hetty Kate*, you'll have an idea of the joyous afternoon that awaits you.

Friday **31st January** 2.00pm

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

**Bookings essential**

There will be a sumptuous meal served prior to the performance

**3 course lunch from 12.30-1.45pm for only \$12.** (Booking essential).



MELBOURNE  
RECITAL  
CENTRE



## Discover what's on at Canterbury Centre

# Music for WELLBEING

**SPECIAL PRESENTATION**

with **ZARA THOMPSON** MUSIC THERAPIST & RESEARCHER

**Do you love music?** Whether you've learnt an instrument, sung in a choir, or simply love to listen, music can play an important role in supporting our health and wellbeing. Come along on Monday 20th January to hear a presentation from music therapist and researcher, Zara Thompson. Zara will be talking about why and how music can be used to support aspects of health and wellbeing.

Zara will talk about what scientific research says about music and health, and talk about her experiences working with older adults.

The presentation will be followed by a short group sing along - **no experience or musical skill required!**

Monday **20th January** 2.00-3.00pm

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

## Ready to Heat and Eat NUTRITIOUS FROZEN MEALS

A delicious range of frozen meals, prepared in our kitchens.

Perfect to keep in the freezer for weekends and public holidays.



Available at  
Canterbury & Marwal Centres

**9880 4703**

**Only \$7.00\***

\*for BASScare registered clients.



# Learning & Special Interest

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

**SPECIAL**

**ART SESSION**

## A Lifetime of Creativity & Clay

Julian Chan is a pottery and sculpture master who has had numerous exhibitions throughout Hong Kong and China. Share in his knowledge of 3-dimensional sculptures, pottery and ceramics gained from a lifetime of travel and 26 years of educating art teachers. Hear about the history of pottery and sculpture making and see some of his famous pieces and learn some techniques for your own work in this special hands-on session.

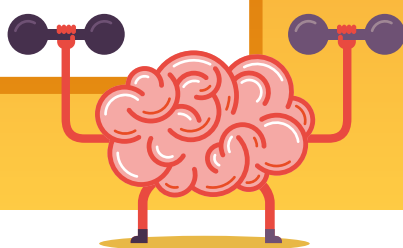
**Book Today**



**CNC** Canterbury Neighbourhood Centre

**Thursday 30th of January 1.30pm – 3.30pm** Cost: Gold coin donation

## Brain Games Group



**We're back with a NEW PRESENTER!**

**Mondays 1.30pm**  
from 3rd February  
Cost: \$5

**SPECIAL**

**PRESENTATION**

**THE PARLIAMENT OF VICTORIA'S  
COMMUNITY ENGAGEMENT TEAM**

## History of our Victorian Parliament

Journey through the 163 year history of our State Parliament, its beautiful building, some of the people who have made a difference and some of their present work.



**Wednesday 12th of February 10.45am – 12.00pm** Cost: Gold coin donation

# Explore Bus Trips **January**



For more information and bookings phone 9880 4709

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


<b>FRIDAY</b> <b>10<sup>th</sup></b> 	<b>Yarra Ranges Regional Museum with lunch at Gracious Grace Café</b> Enjoy a drive to Lilydale where we will explore the museum which includes the Melba Collection, featuring over 1,000 letters, photos and personal objects of Australia's first "superstar".	<b>\$15</b> (plus lunch)
<b>TUESDAY</b> <b>14<sup>th</sup></b> 	<b>Diamond Creek Hotel</b> Two course seniors' meal in a picturesque pub.	<b>\$33</b> (incl lunch)
<b>FRIDAY</b> <b>17<sup>th</sup></b> 	<b>Crackerjack Beachfront Café, Seaford</b> Join us for a beachside drive followed by a tasty lunch with bay views.	 <b>\$15</b> (plus lunch)
<b>TUESDAY</b> <b>21<sup>st</sup></b> 	<b>Cardinia Park Hotel, Beaconsfield</b> Enjoy a tasty meal at this friendly family-run pub.	<b>\$15</b> (plus lunch)
<b>FRIDAY</b> <b>24<sup>th</sup></b> 	<b>Stonehouse Café, Warrandyte</b> Nestled amidst bushland, this charming café and homewares store has plenty to take your fancy.	<b>\$15</b> (plus lunch)
<b>TUESDAY</b> <b>28<sup>th</sup></b> 	<b>Melton Country Club</b> Enjoy a two course meal plus drink, then stay for a chat or visit the gaming room.	<b>\$30</b> (incl lunch)
<b>FRIDAY</b> <b>31<sup>st</sup></b> 	<b>Yering Meadows Golf Club</b> Savour the view across the Yarra Valley while enjoying a sumptuous two course meal from the Club's extensive seniors' menu.	<b>\$40</b> (incl lunch)

## Fortnightly Monday outings from Canterbury Centre

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



### BOROONDARA BLOKES

<b>MONDAY</b> <b>13<sup>th</sup></b> 	<b>Steeple's Bistro, Mornington</b> Situated on the Mornington Racecourse, choose from the extensive modern menu with daily specials	<b>\$15</b> (plus lunch)
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# Explore Bus Trips **February**





## **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>4<sup>th</sup></b>	<b>Balaclava Hotel, East St Kilda</b> Two course seniors lunch with gaming facilities.		<b>\$27</b> (incl lunch)
<b>FRIDAY</b> <b>7<sup>th</sup></b> 	<b>Eagle Summit Café, Arthurs Seat</b> – <b>Active Trip!</b> Enjoy lunch with spectacular views across Port Phillip Bay. If you're game, take a ride on the scenic gondola (\$15 one way / \$21 return).		<b>\$15</b> (plus lunch)
<b>TUESDAY</b> <b>11<sup>th</sup></b> 	<b>Upper Yarra RSL</b> Seniors menu and gaming facilities in a bushland setting.		<b>\$15</b> (plus lunch)
<b>FRIDAY</b> <b>14<sup>th</sup></b> 	<b>Reggio Calabria Club, Parkville</b> Enjoy some tasty and authentic Italian cuisine at the Italian Cultural Club followed by a drive around Royal Park.		<b>\$15</b> (plus lunch)
<b>TUESDAY</b> <b>18<sup>th</sup></b>	<b>Daisey's Hotel, Ringwood</b> Two course seniors lunch with sports bar and gaming facilities.		<b>\$34</b> (incl lunch)
<b>FRIDAY</b> <b>21<sup>st</sup></b>  	<b>Bayview Restaurant, Mornington Golf</b> Overlooking the 18th green, this popular restaurant hosts sweeping views across the bay.		<b>\$15</b> (plus lunch)
<b>TUESDAY</b> <b>25<sup>th</sup></b>	<b>Whittlesea Bowls Club</b> Browse the local shops and enjoy a two course seniors' meal overlooking the green.		<b>\$15</b> (plus lunch)
<b>FRIDAY</b> <b>28<sup>th</sup></b>	<b>Kelly's Bar &amp; Kitchen, Olinda</b> Come for a drive through the Dandenong Ranges and enjoy lunch at this rustic restaurant housed in a century-old log cabin.		<b>\$15</b> (plus lunch)

## **BOROONDARA BLOKES**

<b>MONDAY</b> <b>3<sup>rd</sup></b> 	<b>York on Lilydale "Morning Melodies"</b>	<b>\$31</b> (incl lunch)
<b>MONDAY</b> <b>17<sup>th</sup></b> 	<b>Diamond Creek Hotel</b>	<b>\$33</b> (incl lunch)

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.

Classes and assessments are 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.

**REGISTER  
your interest**  
to secure a place !



Feel Good  
**Live Well**

weekly classes  
commencing in  
**MARCH  
2020**

Bookings and enquiries on 03 9880 4709 or email [m.azzopardi@basscare.org.au](mailto:m.azzopardi@basscare.org.au)

# Learning & Special Interest

**Canterbury Centre 2 Rochester Road Canterbury**

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

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

**Cost: \$5 (icecream available for \$1).**



- **Jan 15th** **Gunfight at the O.K. Corral** (1957)
- **Jan 22nd** **No Movie** (Australia Day BBQ)
- **Jan 29th** **Downton Abbey** (2019)
- **Feb 5th** **Girl with a Pearl Earring** (2003)
- **Feb 12th** **No Movie** (Mail Out Working Bee)
- **Feb 19th** **Apollo 11** (2019)
- **Feb 26th** **The Bridges at Toko-Ri** (1954)

## 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**  
(WELCOME OUR NEW PRESENTER!)  
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 at Marwal Centre  
- Contact reception 9819 7194
- **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 the March/April newsletter folding and mail out on Wednesday 12th of February 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.