

March - April 2020

SOCIAL AND WHAT'S ON ACTIVITIES

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

Celebrating
cultural diversity
in our community

HARMONY DAY

FREE Presentation
11.00am

everyone
belongs

Wednesday
18th MARCH

Taste of Harmony
Lunch - 12.30pm
\$25.00

*What's
your story?*

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**FALLS
PREVENTION**
EXERCISE PROGRAM

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19 EXPLORE
Bus Trips
Great social group outings



Can you believe autumn is already here!?

New Year's goals are no doubt thoroughly bedded down by now. One regular exercise attendee summarised this year's goals as "Keep my marbles, and my mobility". Mental activity is stimulated by social activity. Engaging in productive activity with others is good brain exercise. Interactions with the outside world are crucial. And we are here to provide them for you.

Already this year the heat, air quality and storms producing hail stones the size of tennis balls have had an impact on BASScare outings. At least one outing and exercise class had to be cancelled during summer. When the temperature is predicted to rise over 40, or the air quality reaches "hazardous", outings will be cancelled. You will be contacted when this happens.

A Harmony Day celebration will be our next special lunch with flavours from a range of countries for you to sample. Plus, there'll be a surprise guest. It's an event to lock in and secure your presence!

All other successful activities from 2019 continue. We welcome new instructors Sue and Josh at exercise classes and new presenter, Garry, at Brain Games.

Plus... two new programs will hit their straps this year. A new music and memory program—attended by 18 people on January 20th with lots of singing to finish - no prior experience required. Either be inspired to sing along yourself at our 'Music for Wellbeing' sessions, or let the professionals from Melbourne Recital Centre's 'Music Always' program entertain you.

We have been making alterations to the Community Lounge for the last few months. You are invited to make this lounge one of your homes away from home. Pause for a while, read the paper, talk to a friend, make a puzzle, or take a little rest before lunch.

The library in the lounge houses books written by your tablemates too. At least three current attendees have donated books they have written to the library shelves. You are welcome to borrow these books in addition to other books on the shelf, or, start writing little snippets of your own with the aid of a volunteer (if you need).

The storytelling project is also gaining momentum following the first open session. Watch the video of Joan Bruckard and Betty Rennie, the brave first participants who were interviewed by My Word and Clips that Sell. You can have one of your very own interviews made for screening in the Community Lounge. Our storytelling project provides an opportunity for you to be interviewed (like younger generations!) on video. And if you like, you can learn how to make a video of your own. The most important element of this project is... your enjoyment.

If you would like to try one or our services in a slightly different way, please let us know. We are always interested in hearing new ideas or how we can better meet your needs. We look forward to seeing you during March and April as we get set for a busy winter and lots of chocolate eggs in the meantime.

Warm regards
Vicki Bayly



Special Events at **Canterbury Centre**

Bookings & information: 9880 4709 or email socialsupport@basscare.org.au

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



SPECIAL LUNCH

More than 7.5 million people have migrated to Australia since 1945.

Harmony Week is about coming together to celebrate this cultural diversity in our community. Come and hear about the history and meaning of Harmony Week from Emma Wilkinson, Social Inclusion and Policy Officer at Council. We'll then enjoy a delicious taste of harmony with a banquet table of international dishes from countries including Italy, India and Greece.

To get in the spirit, come in traditional dress or wear the Harmony week colour of orange!

BOOKINGS ESSENTIAL
RSVP by 11th March

HARMONY DAY

FREE
Presentation
11.00am

Wednesday
18th MARCH

Taste of Harmony
Lunch - 12.30pm
\$25.00

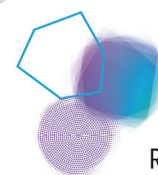


Music Always with

Melbourne Chamber Players



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



MELBOURNE
RECITAL
CENTRE

Melbourne Chamber Players have dedicated their lives to performing exceptional chamber music at the highest level.

Its passionate players perform with the leading Australian symphony orchestras and ensembles.

Tuesday **7th April** 2.00pm

Cost: **FREE** Concert, 3 course lunch \$12

Bookings essential (concert & lunch)

Transport: \$5 each way (booking required)

Exercise & Social Connections

Bookings & information: 9880 4709 or email socialsupport@basscare.org.au

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

Exercise Physiologist led

FALLS PREVENTION EXERCISE PROGRAM

BASScare's Falls Prevention program is an evidence-based exercise and educational program designed to reduce the risk of a fall, maintain your health, mobility and independence.

You will be assessed by our exercise physiologist Matthew Azzopardi, at the beginning and end of the program to evaluate your progress and needs.

Classes beginning

Thursday **26th March**

1.30pm – 3.00pm

Canterbury Centre, 2 Rochester Road

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

Transport available for \$5 each way per session

15 week program includes

- a pre-course assessment
- 13 weekly group exercise classes (60 minutes)
- a post-course assessment



Pre-course
assessments
conducted during the
2 weeks prior by appointment

Post-course assessments finish
on the 25th of June

Bookings/enquiries 9880 4709 or
email m.azzopardi@basscare.org.au

EASTER Sunday Lunch

Come and share Easter Sunday with new or old friends and enjoy a delicious 3 Course Meal and maybe a chocolate egg or three. We'd be happy to pick you up and take you home!

Transport: \$5 each way (booking required)
RSVP: by 3rd April



27 Shierlaw Ave,
Canterbury
Sunday
12th April
12.30pm

\$15

Special Events at **Canterbury Centre**

Bookings & information: 9880 4709 or email socialsupport@basscare.org.au

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

Music for **WELLBEING**

SPECIAL PRESENTATION

with **ZARA THOMPSON** MUSIC THERAPIST & RESEARCHER

Do you love music? Music can play an important role in supporting our health and wellbeing. Come along on Friday 13th of March to hear a presentation from music therapist and researcher, Zara Thompson.

Hear what scientific research says about music and health and Zara's experience working with adults who've seen it all before. The presentation will be followed by a short group sing along (not compulsory). **No experience or musical skill required!**

Friday 13th March

11.00am-12.00pm

Cost: Gold coin donation

Transport: \$5 each way (booking required)

3 course lunch served afterwards for \$12

SPECIAL PRESENTATION



Australian Government

Department of Human Services

Living in **Retirement**

Jim Andersen, Financial Information Service Officer from the Department of Human Services, will join us for a presentation about Aged Care. Hear him talk about different levels of care, fees and charges, options for your former home, pension issues and more.

He can also answer your questions regarding your choices and financial considerations when looking at accommodation options in retirement.

Wednesday 15th April

10.45am-12.00pm

Cost: Gold coin donation

Transport: \$5 each way (booking required)

3 course lunch served afterwards for \$12



Special Events

Discover what's on at Canterbury Centre

"It was a fun thing to do and much less confronting than I thought it would be. The interviewer created a relaxed atmosphere and asked questions which made it very easy to talk." Betty Rennie

YOUR LIFE STORY TELLING

PROGRAM

We want to hear your story

Over the past few months we have been lucky enough to hear some amazing and fascinating stories from members of the BASScare community. Thank you to those who have shared their experiences so far!

The age-old craft of telling stories has been synonymous with human culture since the day zero. Sharing stories about ourselves and our life provide each of us with a sense of unity and purpose. It forges connections among people, and between people and ideas. Stories convey the culture, history, and values that unite people.

If you've ever thought about sharing your background, experiences, milestones or just a funny memory, this is your chance to do so. It might even give you a precious something to share with family and friends.

The next opportunity for a briefing on how the storytelling project works will be held on Tuesday the 21st of April.

We'd like to extend the invitation to you to attend an information session.

You can be part of the video project, or begin by working with a volunteer to tell your story on paper. A short 500 word anecdote is a good place to start! Time to grab that notepad and pen and start reminiscing.

Tuesday 21st April **FREE**
1.30pm

Canterbury Centre, 2 Rochester Road
Transport: \$5 each way (booking required)

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

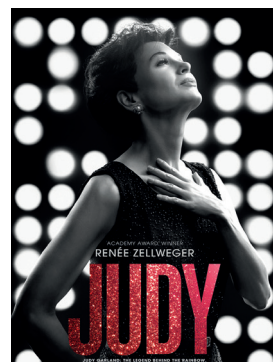
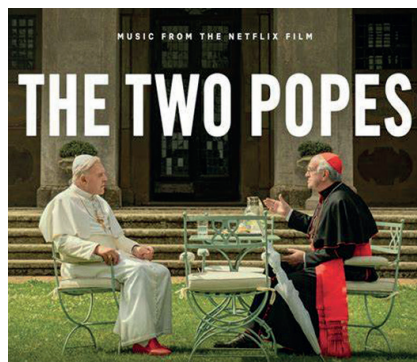
Learning & Special Interest

Canterbury Centre 2 Rochester Road Canterbury

For bookings and transport please phone 9880 4709

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

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



- **Mar 4th** **Mrs Brown's Boy D'Movie** (2014)
- **Mar 11th** **Last Cab to Darwin** (2015)
- **Mar 18th** **No Movie** (Harmony Day Lunch)
- **Mar 25th** **Brassed Off** (1996)

- **Apr 1st** **The Two Popes** (2019)
- **Apr 8th** **Easter Parade** (1948)
- **Apr 15th** **No Movie** (Mail Out Working Bee)
- **Apr 22nd** **The BBC's Earthflight** (2011)
- **Apr 29th** **Judy** (2019)

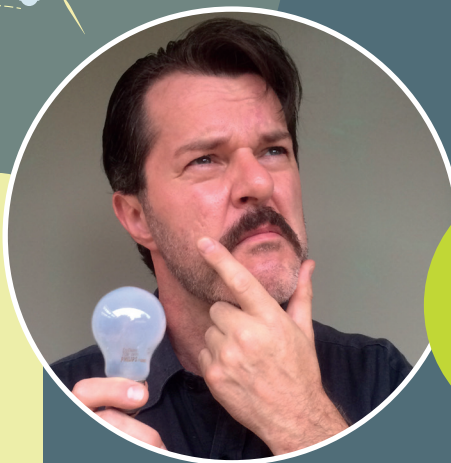
Brain Games Group



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

Join our new presenter, 'Garry'. With many years' experience in hosting trivia nights, Garry is also a licensed wedding celebrant. He's at home entertaining a crowd we can tell you now.

Newcomers can try Brain Games for free for their first session!



meet
our new
presenter
GARRY

Mondays 1.30pm

Costs: \$5

Transport \$5 each way (booking required)

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

Explore Bus Trips **March**



For more information and bookings phone 9880 4709

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

| | | |
|--|---|-----------------------------|
| TUESDAY 3rd  | Pine Grove Hotel, Upper Beaconsfield Enjoy a tasty meal at this friendly family-run pub. | \$15 (plus lunch) |
| FRIDAY 6th  | Noojee Hotel Come for a scenic drive to the former timber town of Noojee on the banks of the Latrobe River. Enjoy fabulous country food on the balcony overlooking the river and peaceful bushland beyond. | \$35 (incl lunch) |
| TUESDAY 10th  | Sages Cottage Farm Café, Baxter Join us as we explore this beautiful farm property on the Mornington Peninsula. Featuring a cottage garden, manicured lawns, 1850s buildings, friendly farm animals and a peaceful lake, plus delicious local produce at the café. | \$15 (plus lunch) |
| FRIDAY 13th  | Mulberry Hill, National Trust, Langwarrin Take a guided tour of this heritage property, once home to artist Sir Daryl Lindsay and his wife Lady Joan, author of <i>Picnic at Hanging Rock</i> . The American-Colonial style home houses a collection of Australian art, Georgian furniture, glassware and Staffordshire ceramics. We will lunch at Fratelli's restaurant before the afternoon tour. | \$22 (plus lunch) |
| TUESDAY 17th  | Kelly Hotel Cranbourne Enjoy a bistro meal and a chat, or perhaps a visit to the gaming lounge. | \$15 (plus lunch) |
| FRIDAY 20th  | Blue Lotus Water Gardens – Active Trip! Enjoy a two course meal plus drink, then stay for a chat or visit the gaming room. | \$30 (plus lunch) |
| TUESDAY 24th  | Diamond Creek Hotel Two course seniors' meal in a picturesque pub. | \$33 (incl lunch) |
| FRIDAY 27th  | Daylesford – Active and Longer Trip! Soak up the charm of this picturesque and leafy township. Take a stroll, browse the speciality shops and delight in lunch at a local café. <i>NOTE: pick up will be earlier than usual</i> | \$15 (plus lunch) |
| TUESDAY 31st  | Growling Frog Golf Club Enjoy a tasty meal overlooking the rolling greens at this BASScare favourite | \$15 (plus lunch) |

Fortnightly Monday outings from Canterbury Centre

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

BOROONDARA BLOKES

| | | |
|---|-----------------------|-----------------------------|
| MONDAY 23rd  | Lynbrook Hotel | \$39 (incl lunch) |
|---|-----------------------|-----------------------------|

Explore Bus Trips **April**



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

| | | |
|--|--|---|
| FRIDAY 3rd | Sanctuary Lakes Buffet Can't decide what to eat? Try a bit of EVERYTHING at this international buffet! Tempt your tastebuds with a range of roasts, seafood, Asian dishes, pasta, Indian, pizza and desserts. | \$32 (incl lunch) |
| TUESDAY 7th | Olinda Creek Hotel Enjoy a classic pub meal at this friendly local. | \$15 (plus lunch) |
| TUESDAY 14th | Rye Hotel Take in the view across Port Phillip Bay as you enjoy a tasty bistro meal on the beachfront balcony. |  \$15 (plus lunch) |
| FRIDAY 17th | Ricketts Point Tea House Did you know that sea air is charged with healthy negative ions that accelerate our ability to absorb oxygen? These ions also balance levels of serotonin, a body chemical linked with mood and stress. Come fill your lungs with a beachside stroll before a delicious lunch or snack at this historic Beaumaris Café. | \$15 (plus lunch) |
| TUESDAY 21st | Chirnside Park Country Club Enjoy a two course seniors' meal and perhaps a flutter at this friendly club. | \$35 (incl lunch) |
| FRIDAY 24th | Kurang Native Nursery Explore our country's beautiful and diverse native flora in the tranquil foothills of the Dandenong's then enjoy a scrumptious café lunch on the veranda overlooking Olinda Creek and shaded by stately white trunked manna gums. |  \$15 (plus lunch) |
| TUESDAY 28th | Italian Club, Werribee Enjoy a two course seniors' meal and time for a chat or a visit to the gaming lounge. | \$30 (incl lunch) |

BOROONDARA BLOKES

| | | |
|---|---------------------------------|-----------------------------|
| MONDAY 6th | Growling Frog Golf Club | \$15 (plus lunch) |
| MONDAY 20th | Greyhounds Entertainment | \$32 (incl lunch) |

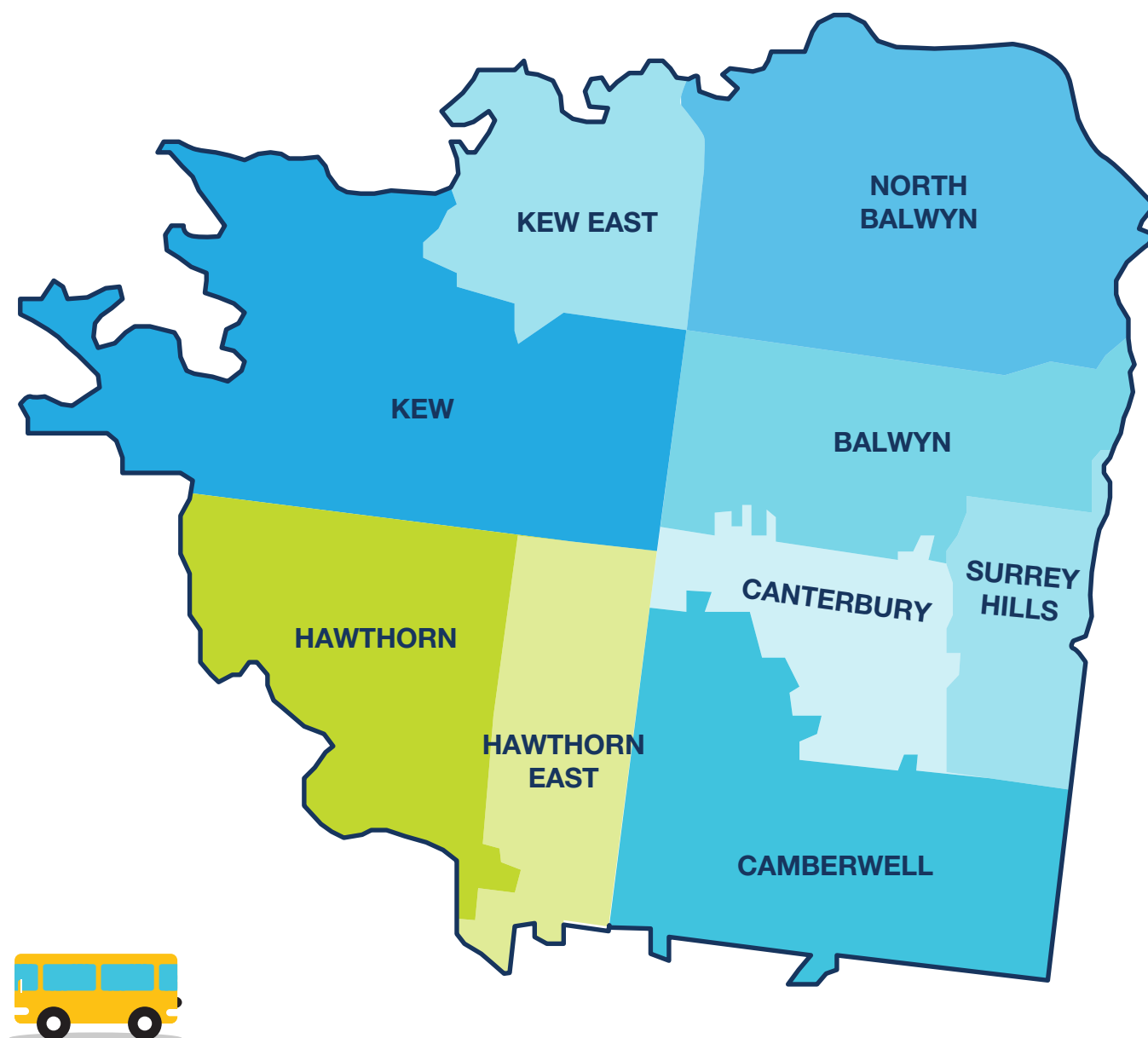
All aboard



our client Bus Service

Bookings essential at least two days prior - 9880 4709

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



We can pick up and drop off in these areas for centre based activities and lunch



BLUE AREA

Exercise class pickup & drop off



BLUE & GREEN AREAS

General pickup & drop off

- Please note: our bus services are subject to availability and demand
- Transport to and from BASScare centre-based activities is \$10 per return trip.

Health & Wellbeing

Canterbury Centre 2 Rochester Road Canterbury

For bookings and transport please phone 9880 4709

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 at Marwal Centre
- Contact reception 9819 7194

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 Marwal Centres – Cuts starting from \$15 (Men) & \$23 (Ladies)

Community Dining & Meal on Wheels

3 course meal at Canterbury Centre

– Monday to Friday 12.30pm for \$12

3 course meal at Marwal Centre

– Thursday 12.00pm for \$12

3 course meal at Faversham House

– Sunday 12.30pm for \$15

Meals on Wheels delivered to your home
– starting from \$9.50

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

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

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.*



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 May/June newsletter folding and mail out on Wednesday 15th April 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. This program is also supported by the Victorian Government. BASScare also receives valuable financial support from the City of Boroondara.