

SPECIAL EDITION 04 - July 2020

STAYING CONNECTED

WITH YOUR COMMUNITY

- HEALTH & WELLBEING
- PUZZLES & TRIVIA
- SERVICES



ADAPTABILITY IS KEY! We are looking forward to seeing you in the coming months. As we approach the day we meet again, we are balancing caution with not going overboard. And it is tricky!

After slowly beginning one-on-one services in June with Exercise Physiology, Podiatry and then Hairdressing, in July* the first group activities will resume. A three month break in regular exercise will be noticeable for all of us, so first back are the exercise classes for the body, brain games for the mind, and craft for the fingers!

Outings all have complications and we are working through the practicalities of running a bus service on a bus that carries fewer people than a car!

It is wonderful that the number of active cases of COVID remains low. While we have had a small number of cases in Victoria at the time of writing, it seems our health system is now in a position to be able to deal with any outbreaks.

As we welcome you back to the Centre, we will be keeping you, our staff and volunteers safe and asking you to follow the precautions we are now putting in place. You will have received a copy of our letter outlining the new procedures for safely attending activities at BASScare during the time of COVID.

** Restrictions permitting*

It will be very difficult for all of us to refrain from offering one another cups of tea and a quiet place for a chat. However, if we remain vigilant, the likelihood is that some of our behaviours will return to new normal sooner than it seemed they might.

Hoping to welcome you back soon,

Vicki Bayly
Social Support Manager

THE NEW NORMAL Activities at a distance

**Social Distancing
1.5m apart**



Heather Rundle - one of our first clients we welcomed back as she returned to Exercise Physiology with Matt in June!

Health and Wellbeing Staying Connected

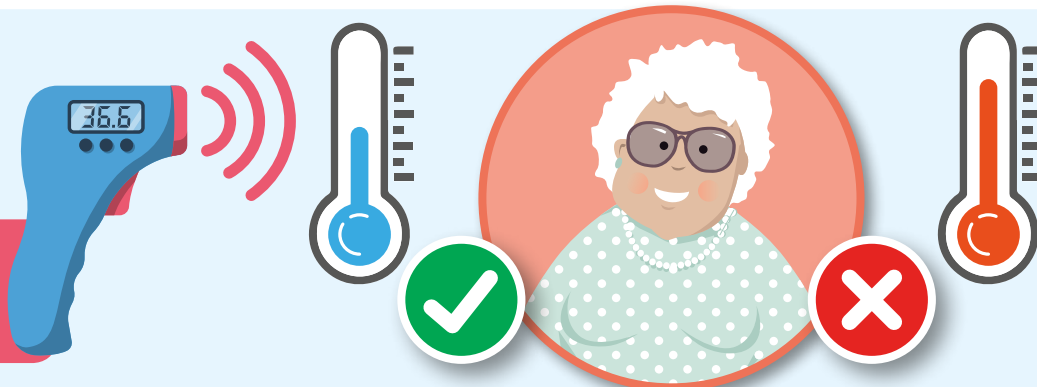
Welcome back!

We're looking forward to having you back in a safe environment at the Canterbury and Marwal Centres. There are some changes and Government restrictions that we must all keep in mind to make sure we can continue the activities and groups you enjoy. We need the cooperation of everyone to make sure we are following restrictions so please follow these instructions during your visit.

1

Temperature check for entry

If you are sick, or unwell please don't come



2

Personal Hygiene

Wash hands often and use hand sanitiser where possible



3

Social Distancing
1.5m apart



4

AVOID

shaking hands, touching or hugging others



5

DO NOT
rest or stop in
waiting areas



6

ADHERE

to all instructions, including maximum numbers in each room



7

COUGH OR SNEEZE

into the crook of your elbow



Weekly Social Activity Programs & Services **RESUMING THIS MONTH!**

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

Social Activity Programs

• **Group Exercise Classes \$12:**

Tuesday 10am – Novice with Anne Fisher

Tuesday 11.15am – Novice with Anne Fisher

Wednesday 10am – Intermediate with Bob McQuillen

Thursday 10am (Marwal) – Intermediate with Matthew Azzopardi

Thursday 10am (Canterbury) – Advanced with Sue McQuillen

• **Brain Games** – Interactive learning and puzzles with Garry **\$5**

• **Craft Group** – Sewing, knitting and much more! - **\$5**

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 \$20 (Men) and \$25 (Ladies).

Coming Soon – we'll keep you posted:

Due to the COVID-19 restrictions we are currently unable to offer transport and the following centre-based activities and lunches this month. We are constantly reviewing and assessing options for these services to return as soon as possible. We'll be sure to keep you updated as soon as we have confirmed resumption dates.

• **Learn Laugh and Lunch** – Guest speakers and presentations on a wide variety of topics

• **Art Group** – Painting, drawing and pastels

• **Pottery** – Creating with Clay **\$15**

• **BC Connected** – One to one help with technology - FREE

• **Movie Afternoon** – Selection of new and classic movies and documentaries

• **Community Dining**

Meals on Wheels contactless delivery to your home

starting from **\$9.50** per meal



NO ENTRY TO CANTERBURY CENTRE WITHOUT PRIOR BOOKING

Please phone us to speak to our Client Liaison Officers.

Canterbury Centre

2 Rochester Road, Canterbury

Phone: 9880 4709

for phone bookings

Office Hours: Monday-Friday 9am-3pm

Marwal Centre Community Hub and Senior Citizens Club

Phone 9819 7194

Meals on Wheels Phone: 9880 4703

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.*

MONDAY		TUESDAY		WEDNESDAY	
				1	
We can't wait to have you here and look forward to seeing you! Due to COVID-19 restrictions we are currently limited in the amount of people able to attend our Community Centres at any one time. Spaces are strictly limited in our classes, groups and allied health services so please call 9880 4709 to book your spot at any of the following programs. Bookings are essential.					
6		7		8	
13		14		15	
1.30pm Brain Games		10.00am Exercise Class (*N) 11.15am Exercise Class (*N)		10.00am Exercise Class (*I) 10.45am SPECIAL ZOOM EVENT: TRIVIA 1.30pm Craft	
20		21		22	
1.30pm Brain Games		10.00am Exercise Class (*N) 11.15am Exercise Class (*N)		10.00am Exercise Class (*I) 1.30pm Craft	
27		28		29	
1.30pm Brain Games		10.00am Exercise Class (*N) 11.15am Exercise Class (*N)		10.00am Exercise Class (*I) 1.30pm Craft	
Booking Essential 9880 4709					

Canterbury Centre,
2 Rochester Road,
Canterbury.

Marwal Centre,
9 Marwal Avenue,
Balwyn North.

JULY
2020

THURSDAY		FRIDAY		SAT	SUN
2		3		4	5
		9.00am	Podiatry		
		1.00pm	Exercise Physiology		
9		10		11	12
		9.00am	Hairdresser		
		1.00pm	Exercise Physiology		
16		17		18	19
9.00am	Hairdresser (Marwal)	9.00am	Podiatry		
10.00am	Exercise Class (*A)	1.00pm	Exercise Physiology		
10.00am	Exercise Class (*I) (Marwal)				
23		24		25	26
10.00am	Exercise Class (*A)	9.00am	Hairdresser		
10.00am	Exercise Class (*I) (Marwal)	9.00am	Podiatry (Marwal)		
		1.00pm	Exercise Physiology		
30		31		1	2
9.00am	Hairdresser (Marwal)	9.00am	Podiatry		
10.00am	Exercise Class (*A)				
10.00am	Exercise Class (*I) (Marwal)	1.00pm	Exercise Physiology		

Exercise Classes* Novice = (*N) , Intermediate = (*I), Advanced = (*A)

Words of Wisdom

Thank you to everyone who sent in their messages of support and words of wisdom. Please keep sending them in! In preparation for us returning to the Canterbury and Marwal Centres we'd love to share some of these with everyone:



"Why make images and statues when plants and trees not only make us healthier but happier?"

(Aruna - in front of hibiscus bloom at Parkville in 1988)

"I'm very much looking forward to getting back to Exercise with Anne. The exercises have worked wonders for me."

Savira

"Missing those sit-to-stands but don't tell Anne!"

Margaret



"We have a new bird feeder, which has quickly become a popular venue for the local and very colourful birds. These guys are definitely not in social isolation" John and Joan

We've loved being able to visit some of you at home this past month and from all reports you've been enjoying it too!

Ann (Little Annie)

Williams lives alone and has been unable to visit her son Allan during COVID-19 isolation who lives with other disabled adults in supported accommodation. It's been a lonely time for her and she really misses the company and friendship shared with other members of our Learn Laugh and Lunch group each Wednesday.

A front door visit by BASScare staff to her at home last week helped Ann to feel connected and brought a huge smile to her face. We miss you dear Annie!



"Looking forward to the companionship on the outings again." John

Hairdressing and Podiatry Services

Hairdressing and Podiatry services will re-open from June at the Canterbury Centre and from July 16th at the Marwal Centre. Unfortunately we are unable to offer blow wave, permanent wave, and permanent colour at this time.

Ladies Haircut	\$25.00
Men's Haircut from	\$20.00
Shampoo/wash & Cut	\$30.00
Shampoo & Blow Dry	\$30.00



These services are available by appointment, please see calendar for locations and dates. **Booking Essential on 9880 4709 (Canterbury Centre) and 9819 7194 (Marwal Centre).**

zoom TRIVIA session



with
GARRY

Join Brain Games presenter and trivia buff Garry for a live Zoom trivia spectacular.

This will be an online event using Zoom.
To book your place and receive the meeting details please phone 9880 4709.

Not familiar with Zoom or need help?
Phone us and we can help get you started.



Wednesday 15th of July 10.45am

Cost: **FREE** (booking required)

10
TRIVIA
questions

Answers in our next
newsletter, or phone
9880 4709.

1. US President Trump's grandparents immigrated to the US from which country?
2. In Greek mythology, what creature has the body of a man and the head of a bull?
3. In what fictional city does Superman live?
4. People from which Australian state are sometimes nicknamed 'Sand Gropers'?
5. By area, what is the world's smallest country?
6. Kiwifruits originate from which country?
7. Once a Roman frontier, what is Europe's second longest river?
8. What do honey bees collect?
9. Married to actor Mickey Rooney, bandleader Artie Shaw and singer Frank Sinatra was which famous actress?
10. Before Mount Everest was discovered, what was the world's highest mountain?

SUDOKU SOLUTION

1	2	9	6	8	5	3	4	7
6	8	3	2	7	4	1	9	5
4	5	7	3	1	9	8	6	2
3	6	1	4	5	7	2	8	9
2	9	8	1	3	6	7	5	4
5	7	4	8	9	2	6	1	3
7	4	2	9	6	1	5	3	8
8	1	5	7	4	3	9	2	6
9	3	6	5	2	8	4	7	1

TRIVIA ANSWERS EDITION 3 – JUNE 2020

1. Alfred
2. Melbourne
3. A horse
4. The liver
5. Alabama & Wyoming
6. Roast lamb
7. Discovering the tomb of Tutankhamun
8. Elton John
9. New York City
10. Muscat, capital city of Oman



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.

Please ensure you phone and book before attending the Canterbury Centre or coming in to pay a bill. There are limits on the number of people allowed in the building at any time.

Working Bee - Diary Date

Due to the COVID-19 restrictions unfortunately we are unable to have our regular working bee mail out. We hope to be able to welcome you again soon.

Please check this section in future editions for any updates.

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.

BASScare is supported by the Commonwealth Home Support Program (CHSP), funded by the Australian Government Department of Social Services. www.dss.gov.au. This program is also supported by the Victorian Government and the City of Boroondara.