

It's time to fire up those computers, check those email inboxes and dust off those iPads so you can access a world of entertainment without having to step outside your front door!

Simply click on a web address below or type it into your browser to access content.

If you're not sure where to start (but have an email address), we can help please call 9880 4709.

BASScare

news and social media

Follow BASScare social media on Facebook and Instagram for snapshots into life at BASScare showing our latest activities, celebrations and laughs.

 **BASScareAgedCare**

 **basscareagedcare**

www.basscare.org.au

BE-CONNECTED

build your online skills

Learn, at your own pace, with free courses on everything from how to access the internet, make video calls or set up your device.

www.beconnected.esafety.gov.au

The Wheeler Centre

events, news, notes, broadcasts and more

Across 180+ events each year, and a unique collection of videos, podcasts and original writing, you'll find some of our finest local and international writers and thinkers sharing their expertise, their imaginations and their ideas.

www.wheelercentre.com

Seniors Online Victoria

the website for a host of information for seniors living in Victoria.

Check out a fabulous range of videos, performances and interviews as part of this year's Seniors Festival Reimagined 2020 series.

www.seniorsonline.vic.gov.au

Exercise Right (at home) home exercise programs

Accredited exercise professionals have put together a range of workouts for older Australians that you can do in the safety of your own home.

www.exerciseright.com.au/home-workouts-active-ageing/

Safe Exercises at Home

Videos and information on physical activity and exercise for older people

The Safe Exercise at Home website has been developed by physiotherapists from around Australia with clinical and academic expertise in exercise and other forms of physical activity for older people and people with mobility limitations.

www.safeexerciseathome.org.au

Meals on Wheels contactless delivery to your home

starting from **\$9.50** per meal

9880 4703



Melbourne Recital Centre

music related videos, articles and interviews

Soundscapes is Melbourne Recital Centre's digital home for stories about the music, the musicians and the people behind it. Whether you're a seasoned classical music-lover, or discovering a new genre of music for the first time, explore a range of videos, podcasts, playlists, articles, photos and more.

soundscapes.melbournerecital.com.au/explore

At home with the Australian Ballet

video performances

Free cinema-quality digital season brings hand-picked selections of the most beloved and inspiring ballets with full-length performances to you at home.

www.australianballet.com.au/the-ballets/digital-season

National Gallery of Victoria

online events, exhibitions, virtual tours

You're invited to experience NGV exhibitions from home with their interactive virtual self-guided tours.

www.ngv.vic.gov.au/whats-on

Arts Centre Melbourne

performing arts online

While the curtains are drawn, the show will go on with free digital experiences. There will be sharing of full length performances, artist interviews, family activities, podcasts, curated playlists and more.

Enjoy online performances – including the very popular Big Night in with John Foreman, and exhibitions such as the beautiful Grand: Costumes from the Dame Joan Sutherland collection.

www.artscentremelbourne.com.au

Melbourne Museum

enjoy a world of museum experiences at home

Take a virtual tour, explore a wealth of collections and research about natural sciences, history, technology and Indigenous cultures from Museums Victoria.

Footy fans will enjoy the 10 Treasures of Aussie Rules. Or if you like jigsaws, try out some much loved collection items, museum galleries and iconic buildings turned into online puzzles.

www.museumsvictoria.com.au/melbournemuseum



Masks on from now on

Keeping our community safe



We acknowledge the outstanding contribution Volunteers make to BASScare's services and activities.

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