

SPECIAL EDITION 07 - October 2020

STAYING CONNECTED

WITH YOUR COMMUNITY

- HEALTH & WELLBEING
- PUZZLES & TRIVIA
- SERVICES

Two decorative butterflies, one orange and one yellow, are positioned around a large blue circle that contains the list of topics.

Dear All,

It has been great reading of your adventures across continents, and your favourite places, from Uluru to the North Pole. I've never lived through a pandemic before, and the determination required to find the delight in every day has got me meditating, drinking tasty beverages, and watching old movies from 'Out of Africa' to 'Toy Story.'

Meanwhile, back at work-from-home, we are devising as many ways to bring back social contact as we can think of. It's too soon to see exactly what will be allowed at the Canterbury and Marwal Centres before October 26th. However, we are imagining small exercise classes under a gazebo on a rug outdoors at Sharrott (Canterbury) or in the car park behind the Marwal Centre. Perhaps even Brain Games might work in an outdoor format, socially distanced and all masked up.

The City of Boroondara is offering an online gala concert at **3pm on 15th October** featuring comedian Frank Woodley and singing sister duo Vika and Linda.

Click [Boroondara Seniors Festival 2020](#)

or type it into your web browser. If you are unable to view online, or would prefer to view it on DVD, let us know and we will order you a DVD after the event.

We will continue to phone you, see you on Zoom and reach out to you whatever way we can. We are all involved in a massive re-think of the way we socialise and stay connected. For instance, BASScare has applied for funds for iPads. We hope to be able to deliver an iPad to your door for the day, all set up and ready to go, so you can explore the joys of the online world, try out video calls, play games and much more. With simple instructions and help at hand from our friendly team, you'll have mastered a new skill before you know it!

Vicki Bayly

Social Support Manager



Jump in! (with BASScare holding your hand)

We're all stuck at home, missing social contact, smiles and a giggle with friends and family... and there's only so many times you can sort out the linen cupboard. Why not take the plunge and learn a new skill? Technology can open up a whole new world for you – from the comfort of your lounge chair.

Imagine seeing the smiling faces of friends, or the grandkids latest craft projects, not just a voice on the telephone.

Imagine a billion *Encyclopedia Britannica* at your fingertips...and no need to search for your reading glasses! Whatever your passion, or however obscure your question, the Internet can stimulate your thinking and take you wherever your mind wants to go.



"I like zoom because I can see other people's faces"

..and here's Eleanor Newton's smiling face!

Flex your mental muscles and try something new

Technology has the power to take the sting out of loneliness – why not give us a call and we can help you get started? You can join a Zoom Trivia session, or play Brain Games or Bingo over the telephone. There's even prizes! Or give one of our 'group chat' conference calls a go. We have a weekly film discussion group as well as informal groups where you never know what will come up in conversation! We guarantee you'll enjoy the camaraderie.

Can you believe it's nearly Christmas Card sending time?

Christmas Cards!?! What did you say?!?

Join Nikki, our pottery (previously craft) teacher who will run an on-line Christmas card making session this month which you can treat as a workshop and zoom in with paper, scissors, buttons, or simply come on-line as you are and watch.

Nikki will demonstrate a few ideas, we'd love for you to share some of yours too.

Xmas card making (online)
Thursday 22nd October 2pm

Phone 9880 4709 to book, or email us and we'll send you the Zoom link.



Favourite Places

Thank you to everyone who returned a 'Favourite Place' card, we've been overwhelmed with the response. Unfortunately there wasn't room to share them all in this issue. We will continue to share them with you in various ways. We hope you enjoy reading them as much as we did!



'Back in the 1980's my sister and I flew to England to visit her son who was doing a doctorate at Cambridge University. He arranged tickets for us to go to the Royal Ascot, so we packed our best outfits and on our arrival in London headed to Oxford Street to buy our hats.'

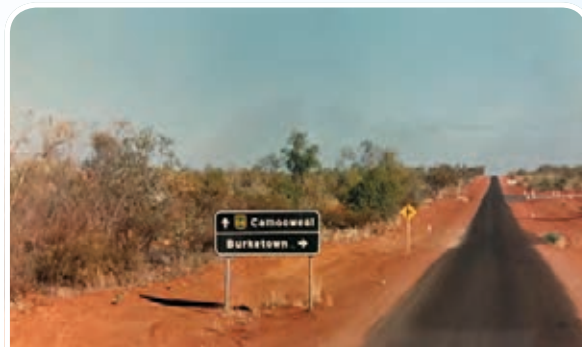
Marie McAlister

'Our special place is Magnetic Island, where we spent our honeymoon. We returned a few years later with two children aged 4 and 2! We drove around the island in a Mini Moke. Our daughter who hadn't spoken before said out of the blue 'round the corner Daddy!!' They also enjoyed the local bus "Gallopings Gerty"'

Geraldine Johnson

'A nursing colleague and myself decided to attend a Nursing Congress in Germany but to travel the long way. We met in Hong Kong, spent a day in China, nervously, then Japan with a very swift ride on the new Bullet train. Ship to Nakhodka, train to Khabarovsk, plane across Mongolia to Irkutsk, then on the train to Moscow.'

Pat Adams



'My heart sings when I can see the horizon. I was born and raised in the "wide open spaces" but then couldn't wait to come to the city to live. Now, as I've reached my latter years, it brings me great joy to see the horizon. Perhaps it is over the sea; hills in the distance; or especially in the outback of Australia.'

Anne Carver



'Travelled from North Pole to South Pole (not both on same trip!) with a small group, ending each day with a 'cuppa' beside a camp fire, and a good chat.'

Joyce Cheetham

Puzzles and Trivia



Target Word Puzzle

- Find as many words as possible made from the letters in the grid.
- Each letter may only be used once.
- There is 1 nine letter word, can you find it?

Variations:

- Use any of the 9 letters in any order to make a word
- Always include the central letter in the words
- Make words with a minimum of 3 letters

E	L	R
F	O	W
N	U	D



OCTOBER FUN & GAMES

Keeping in touch is easy through any of our regular get-togethers this month:



Brain Games Trivia (phone) Mondays weekly	Social Dining/Morning cup of tea (phone) Thursday weekly
Exercise class catch ups (phone) Tuesday, Wednesday & Thursday	Workshop- Xmas card making (online) Thursday 22nd October 2pm - one-off
Bingo! (phone) Tuesday 13th & 27th fortnightly	Movie Group (phone) Thursday weekly
Zoom Trivia (online) Wednesday 7th & 21st fortnightly	BASScare Outings get together (phone) Friday weekly
Learn Laugh and Lunch Sessions (online) Wednesday Weekly	Pottery Catch-Up (phone) Friday 9th & 23rd fortnightly

If you'd like to join any of these phone or online activities please give Bec or Janet a call.

PHONE: 9880 4709



CROSSWORD ANSWERS Edition 6 – SEPTEMBER 2020

ACROSS: 4.Odour 9. Rabbits 11. Abdicated 13. Monument 14. Shark 16. Noun 20. Educate 21.Ordered 22. Drone 23. Chimney 24. Owls 25. Dalmatians 26. Beans

DOWN: 1.Eldorado 2.Disrobe 3.Cowboy 5.Date 6. Religious 7. Voodoo 8. Terminated 10. Pandemic 12. Diablo 15. Kind 17. House 18. Carefree 19. Demonstrate

Sick of cooking? (aren't we all)

If baking 'lockdown sourdough' has lost its charm, don't forget we can organise Meals on Wheels for you. BASScare provides delicious and nutritious meals delivered daily to your door by our friendly volunteers.

Meals on Wheels contactless delivery to your home

starting from **\$9.50** per meal

9880 4703



This program is part of 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. BASScare also receives valuable financial support from the City of Boroondara.