

SPECIAL EDITION 09 - December 2020

STAYING CONNECTED

WITH YOUR COMMUNITY

- HEALTH & WELLBEING
- PUZZLES & TRIVIA
- SERVICES



Returning to the Canterbury Centre

We didn't expect to be in lockdown for 8 months! Well done on spending considerable time indoors, washing hands, and keeping 1.5 metres from others. We now have a small victory! There are hardly any cases of COVID19 in the State, nor in the Country.

So let's Christmas together, almost like we used to! With COVID19 safe procedures.

There are restrictions on the number of people allowed in the building, so we will host three smaller lunches, and our annual Christmas Day lunch. Remember to wear your mask, and join us for a special themed lunch on either Wednesday 16th or Thursday 17th December.

By the time you are reading this, all of our exercise classes will have recommenced, gently. Lunches are being served at the Canterbury Centre on Monday, Tuesday and Wednesday, and at the Marwal Centre on Thursday. We can now do face to face Pottery and help you with technology as some centre-based programs return.

If you would like to continue talking to friends by phone or Zoom, from the comfort of your own home, please let us know. There have been requests for ongoing movie group, and the commencement of a book group so let us know if that appeals to you too.

And we will continue with Bingo next year, at the Canterbury Centre.

Congratulations and thank you to Staff, Volunteers and to you for managing your way through an isolated and challenging 2020. It has been tough for many. We look forward to seeing you before Christmas, and to a far more predictable 2021!

Keep well, and see you soon.

Vicki Bayly

Social Support Manager



COVID Safe
Exercises

merry christmas



DECEMBER FUN & GAMES

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 Trivia (phone)

Mondays weekly 10.30am FREE

BC Connected – One to one help with technology. **Tuesdays 1.30pm FREE**

Bingo! (phone)

Tuesday 8th December 2.00pm FREE

Zoom Trivia (online)

Wednesday 2nd December 1.30pm FREE

Movie Group (phone)

Thursdays 1.30pm FREE

Pottery Creating with Clay)

Thursdays 1.30pm \$15

For more information on any of these activities please give Jane or Janet a call.

PHONE: 9880 4709

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).



Return dates to be confirmed:

We thank you for your patience as we continue to work through the health advice and proper processes to be able to offer the following programs and services as soon possible:

- **Community Transport**
- **Live Music and Dance** – Weekly live entertainment at Marwal Centre
- **Art Group** – Painting, drawing and pastels.
- **Movie Afternoon** – Selection of new and classic movies and documentaries
- **Craft Group** – Sewing, knitting and more!

ALL BOOKINGS: Bookings are required for all sessions.

Please phone us to speak to our Client Liaison Officers to book and for more information.

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

for phone bookings

Office Hours: Monday-Friday 10am-2pm

Meals on Wheels Phone: 9880 4703 Office Hours: Monday-Friday 9am-3pm

Web: www.basscare.org.au

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.



Due to social distancing and dining restrictions we will be holding not one, but four, special Christmas Lunches this year!

We all deserve to celebrate community and friendship this Christmas so join us for a special celebration including a **3 course Christmas lunch** with turkey, ham, Christmas pudding and Champagne!

1 Wednesday 12.15pm 16th December

Canterbury Centre, 2 Rochester Rd, Canterbury

2 Thursday 12.15pm 17th December

Canterbury Centre, 2 Rochester Rd, Canterbury

3 Thursday 12.00pm 17th December

Marwal Centre, 9 Marwal Ave, North Balwyn

4 Friday 12.15pm 25th December

Canterbury Centre, 2 Rochester Rd, Canterbury

Please book and pay by Tuesday the 8th of December by calling 9880 4709.

Unfortunately we won't be able to offer our bus transport this year but are happy to assist you booking a taxi if you need.

Meals on Wheels contactless delivery to your home

starting from **\$9.50** per meal



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
	1	2	3	4	5	6
Merry Christmas! The Social Activities office will be closed for the holidays on the afternoon of the 18th of December and re-open 9am on the 11th of January.	10.00am Exercise Class (*N) 11.15am Exercise Class (*N)	10.00am Exercise Class (*I)	10.00am Exercise Class (*A) 10.00am Exercise Class (*I) (Marwal)	9.00am Hairdresser 9.00am Podiatry (Marwal)		
	12.30pm LUNCH	12.30pm LUNCH	12.00pm LUNCH (Marwal)			
	1.30pm BC-Connected – Tech Help	1.30pm Zoom Trivia (online)	1.30pm Movie Group (phone) 1.30pm Pottery			
7	8	9	10	11	12	13
10.30am Trivia (Phone)	10.00am Exercise Class (*N) 11.15am Exercise Class (*N)	10.00am Exercise Class (*I)	9.00am Hairdresser (Marwal) 10.00am Exercise Class (*A) 10.00am Exercise Class (*I) (Marwal)	9.00am Podiatry		
12.30pm LUNCH	12.30pm LUNCH	12.30pm LUNCH	12.00pm LUNCH (Marwal)			
	1.30pm BC-Connected – Tech Help 2.00pm BINGO! (phone)		1.30pm Movie Group (phone) 1.30pm Pottery			
14	15	16	17	18	19	20
10.30am Trivia (Phone)	10.00am Exercise Class (*N) 11.15am Exercise Class (*N)	10.00am Exercise Class (*I)	10.00am Exercise Class (*A) 10.00am Exercise Class (*I) (Marwal)	9.00am Hairdresser 9.00am Podiatry (Marwal)		
12.30pm LUNCH	12.30pm LUNCH	12.15pm CHRISTMAS LUNCH	12.00pm CHRISTMAS LUNCH (Marwal)			
	1.30pm BC-Connected – Tech Help		12.15pm CHRISTMAS LUNCH			
21	22	23	24	25	26	27
..... OFFICE CLOSED OFFICE CLOSED OFFICE CLOSED OFFICE CLOSED CHRISTMAS EVE	12.15PM CHRISTMAS DAY LUNCH OFFICE CLOSED CHRISTMAS DAY OFFICE CLOSED BOXING DAY OFFICE CLOSED
28	29	30	31	1	2	3
..... OFFICE CLOSED BOXING DAY HOLIDAY OFFICE CLOSED OFFICE CLOSED OFFICE CLOSED NEW YEARS EVE OFFICE CLOSED NEW YEARS DAY 2021		

We can't wait to have you here and look forward to seeing you! Due to social distancing and room capacity restrictions we are currently limited to 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 our programs. Bookings are essential.

Booking Essential for all activities 9880 4709

Exercise Classes*

Novice = (*N) Tues with Anne Fisher,
Intermediate = (*I) Wed with Bob McQuillen, Thurs with Matthew Azzopardi,
Advanced = (*A) Thurs with Sue McQuillen

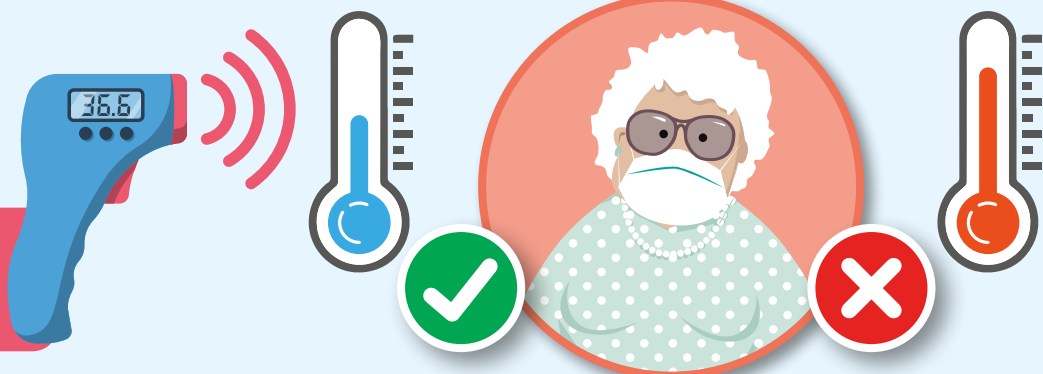
Welcome back!

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

ALWAYS WEAR A MASK

in line with Victorian Govt. guidelines (unless eating or drinking).

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 10.45am 2nd December

Cost: FREE (booking required) Call to book your spot

10 TRIVIA questions

Answers in our next newsletter, or phone 9880 4709.

1. In the song the Twelve Days of Christmas, what are there eight of?
2. Which of Santa's reindeer shares its name with a figure associated with romance?
3. What Christmas themed song was the first song broadcast from space in 1965?
4. Consuming which fast food has become a popular Christmas tradition in Japan?
5. George Bailey is the main character in which classic 1940's Christmas movie?
6. Which popular cowboy had a number one hit with the song Rudolph the Red Nosed Reindeer?
7. In what country is Santa Claus called Babbo Natale?
8. What type of tree is most commonly used at Christmas?
9. What star sign are you if you were born on Christmas day?
10. What alcohol is most commonly added to a Christmas Eggnog drink?

CHRISTMAS WORD SCRAMBLE

Unscramble the letters to find a Christmas related word.

1. NACLORIG _____
2. PORDUHL _____
3. NAAST _____
4. DRESSEPHH _____
5. TESLMITEO _____
6. GOTSCINK _____
7. TRAWEH _____
8. STRANNEOM _____
8. GISEHL _____
10. SCAMSTHIR _____

HORSE TRIVIA ANSWERS EDITION 8 - NOVEMBER 2020

1. Vow and Declare 2. Michelle Paine became the first female jockey to win the race
3. New Zealand 4. The Kentucky Derby 5. Alexander the Great 6. Comanche 7. North America
8. Sire 9. 11 months 10. Trigger



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 on 03 9880 4709 and speak our Client Liaison Officers.

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.

Transport

Currently our community transport buses are off the road due to COVID safety precautions. We are hoping to have them available in the New Year. As always, we are happy to call you a taxi to return home from any of our reception offices. Have you considered booking a ride through an app like Uber or DiDi but don't know where to start?

One of our Tech volunteers might be able to help...

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.