

January/February 2021

# STAYING CONNECTED WITH YOUR COMMUNITY

- EVENTS AND ACTIVITIES
- EXERCISE PROGRAMS
- SERVICES FOR OVER 55'S

## A New Year and new beginnings!

We're all looking forward to a fresh start in January and what better time for a change in who will run the show from now on at the Canterbury Centre. You'll now be hearing more from Tom in his new role as Social Support and Canterbury Centre Manager. This is a well-earned change. I will be focusing on strategic growth and development of our client base in the changing aged care environment in my new role as General Manager Social Support.

It's been fantastic to see so many of you at either the Canterbury or Marwal Centres over the last few months of 2020, whether at a Christmas lunch, exercise, pottery, dining room, podiatry or a hair appointment. We thank you all for your cooperation with the COVID safe procedures ensuring a safe environment for everyone. With even more programs returning this month, be assured that there are still COVID safe procedures in place. It is likely they will still be a part of our COVID normal life for some time.

The New Year is a great opportunity to get back to exercise classes, share a meal with friends or learn something new at BASScare! We've included a pull out calendar for you to see what's on over the next two months. Again, we offer our assistance with technology and learning to use ipads, phones, tablets and other devices.

We're working on ideas for new programs and reinvented favourites to keep you connected

with your community. As always we would love to hear your ideas so please be sure to take the opportunity to fill out a feedback or suggestion card at your next visit or call the office and we'll send one to you.

It's a delight to welcome you back to our programs or special events in the company of others who live in your local community. Keep well and welcome to 2021.

**Vicki Bayly** General Manager Social Support





## JANUARY/FEBRUARY FUN & GAMES

Refer to pull out calendar for more details on days & times

**Group Exercise Classes \$12:** Novice through to advanced classes to keep you fit & strong

**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  
**Mondays weekly 11.00am \$5**

**Learn, Laugh & Lunch** Guest speakers and presentations on a wide variety of topics  
*Contact reception*

**Art and Craft Groups** Create with pottery, knitting and much more! **\$5 - 15**

**BC Connected**  
One to one help with technology **FREE**

**Movie Group**  
Watch one of the selected movies airing on TV, then join the weekly phone discussion **FREE**

For more information about 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).

### Community Dining & Meal on Wheels

- **Three course meal at Canterbury Centre**  
Monday to Wednesday \$12
- **Three course meal at Marwal Centre**  
Thursday \$12
- **Meals on Wheels** delivered to your home starting from \$9.50

### Community Transport and Social Support Outings

Return dates to be confirmed.

**Please phone to speak to our Client Liaison Officers to book or for more information**

#### Canterbury Centre

2 Rochester Road, Canterbury

**Phone: 9880 4709**

Office Hours: Monday-Friday 9am-3pm

#### Marwal Centre Community Hub and Senior Citizens Club

9 Marwal Avenue, North Balwyn

**Phone 9819 7194**

Office Hours: Monday-Friday 10am-2pm

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

**Web: [www.basscare.org.au](http://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.*



Celebrate our national day with classic Australian food, a tippie of wine and a friendly game of BINGO! Kick off 2021 with an afternoon of fun and friendship. You might even be lucky enough to win a prize or two...

Please book before Wednesday 20th January by calling 9880 4709.

Transport availability subject to COVID restrictions, please call for more information.

**WEDNESDAY 27th JANUARY 12.15 – 2.30pm Cost \$25**

**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.**

The program aims to improve your balance, strength and confidence. Classes are complemented by home exercises and educational sessions designed to help 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 25th March**

**1.30pm – 3.00pm**

**Canterbury Centre, 2 Rochester Road**

**Cost: \$200 (T&Cs 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 24th of June**

**Bookings/enquiries 9880 4709 or email [m.azzopardi@basscare.org.au](mailto:m.azzopardi@basscare.org.au)**

**CHRISTMAS EDITION 9 – DECEMBER 2020 TRIVIA ANSWERS** 1. 8 Maids a Milking 2. Rudolph 3. Jingle Bells 4. KFC 5. It's a Wonderful Life 6. Gene Autry 7. Italy 8. Fir Tree 9. Capricorn 10. Rum  
**TRIVIA ANSWERS** 1. CAROLING 2. RUDOLPH 3. SANTA 4. SHEPHERD 5. MISTLETOE 6. STOCKING 7. WREATH 8. ORNAMENTS 9. SLEIGH 10. CHRISTMAS



## **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 to our Client Liaison Officers.**

## **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**

Due to the changing restrictions on Community Transport from COVID-19 we are unable to provide current details at the time of printing. We will keep you updated on transport availability or please phone 9880 4709 for more information.

As always, we are happy to call you a taxi from any BASScare site.

**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](http://www.dss.gov.au). This program is also supported by the Victorian Government and the City of Boroondara.