

March/April 2021

STAYING CONNECTED

WITH YOUR COMMUNITY

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

Autumn is always a time of year in Melbourne I look forward to...

We get some of the nicest weather of the year, the trees look amazing but, most importantly, the footy is back!

It's also a very exciting time here at BASScare. We're looking forward to our first music concert for the year (and in over a year), when we welcome Bush Gothic as part of Melbourne Recital Centre's 'Music Always' program. Day trip outings will resume on a Friday, which I know many of you have been keenly waiting for. Then there is a new music program with Maranoa House as well as the return of Wednesday afternoon movies. Add that to all the regular exercise programs, lunches, arts and craft, brain games and there has never been a better time to return to the Canterbury and Marwal Centres, or drop in for the first time and say hello. We are also pleased to announce that our community transport service is available again with limited capacity and thorough cleaning processes.

We're still asking that you call ahead and book a spot so we can manage maximum numbers and give you the latest information on procedures. As always, we aim to provide you with a warm and welcoming environment while keeping you safe. We really do appreciate your understanding and patience and, while we plan with an optimistic outlook, there is always the potential for things to change quickly,

so we will keep you up-to-date with any developments.

It's with that same optimistic outlook that we're planning the remainder of 2021 and would love your input. Please let us know what activities you enjoy, or what we can improve, via the feedback card enclosed. All and any suggestions are welcome.

We look forward to seeing you soon.

Tom Edwards

Centre Manager Social Support



Tom with new Canterbury Centre
Client Liaison Officer, Jane



MARCH/APRIL ACTIVITIES

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
NEW TIME Mondays weekly 1.30pm \$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**

Movies
Join us for a variety of new and classic movies on Wednesday afternoons. **\$5**

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 by appointment. Please phone to make a booking.

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

Transport is available to our group programs and activities. See back cover for more details.

Bookings for all activities & services required. 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 and Senior Citizens Club
9 Marwal Avenue, North Balwyn
Phone 9880 4751
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.*

Music Always with Bush Gothic

music concert jointly presented by **BASScare** and **Melbourne Recital Centre**

It's with great pleasure that we welcome a special musical performance from contemporary bush band Bush Gothic. This multi award winning and daring trio have toured their modern imaginings of traditional Australian songs across the world. Jenny M. Thomas (fiddle-singer, piano, spoons), Chris Lewis (drumkit) and Dan Witton (double bass) will delight us with modern imaginings of well-known, traditional Australian Colonial folk songs.

FREE event
Booking required



Wednesday 24th March

10.45am for 11am performance

Canterbury Centre, 2 Rochester Rd, Canterbury

Transport: \$5 each way (booking required)

Bookings essential by 17th of March
Call 9880 4709

Stay to enjoy a delicious meal served after our special events

3 course lunch from 12.30pm for only \$12. **Bookings essential**



SPECIAL ART PRESENTATION

Drawings in the NGV and beyond; From pencil to iPad

Join us for a wonderful morning with Lee Emery, volunteer gallery guide and former lecturer in Art Education at Melbourne University, who returns to talk about drawings that she loves at the NGV. From 18th century drawings by Constable and Tiepolo, the Impressionists and Australian artists, all the way to the present with a look at David Hockney's iPad drawings, the medium of the moment.

Book Today



Wednesday 14th April 10:45am – 12 noon

Cost: Gold coin donation. Transport: \$5 each way (booking required)

Explore Bus Trips **March**



For more information and bookings phone 9880 4709
Pickup from home usually between 10am and 11.30am unless otherwise stated

FRIDAY 5 th 	Grand Hotel, Mornington Enjoy a scenic drive down the Peninsula followed by a delicious lunch in this historic pub. Then take a stroll to stretch your legs, visit the shops or sit and enjoy the sea view.		\$15 (plus lunch)
FRIDAY 12 th 	Blue Lotus Water Gardens Active Trip Celebrate nature in all her glory with thousands of water flowers in bloom! Join us for a stroll through these stunning water gardens in Yarra Junction. The gardens feature ponds, lagoons, bogs and even a waterfall – all containing hundreds of varieties of flowering lotus, waterlily and bog plants. Bring your lunch or purchase something at the onsite café.		\$35 (plus lunch)
FRIDAY 19 th 	Fortnums Sassafras This gorgeous conservatory-style restaurant is set among picturesque gardens in the heart of the Dandenong Ranges.		\$15 (plus lunch)
FRIDAY 26 th 	Diamond Creek Hotel Enjoy a three course seniors' meal of classic pub favourites in leafy Diamond Creek.		\$35 (incl lunch)

Explore Bus Trips **April**



DISCOUNTS
Pay in advance for your outings to receive a discount of \$1.50 per trip.

FRIDAY 9 th 	Yarra Valley Restaurant, Yarra Glen This friendly venue in picturesque Yarra Glen is renowned for good country food and great hospitality!		\$15 (plus lunch)
FRIDAY 16 th 	North Point Café, Brighton Enjoy a tasty lunch at this popular café. Afterwards, take a stroll along the beach opposite.		\$15 (plus lunch)
FRIDAY 23 rd 	Kurang Native Nursery Active Trip Explore our country's beautiful and diverse native flora in the tranquil foothills of the Dandenong Ranges, then enjoy a scrumptious café lunch on the veranda overlooking Olinda Creek. <i>NOTE – gravel paths and sloping ground.</i>		\$15 (plus lunch)
FRIDAY 30 th 	The Grand Hotel, Warrandyte Enjoy lunch at this historic pub that has been the backbone of the Warrandyte township since 1895.		\$15 (plus lunch)

3
Course
Lunch

\$12
Soup, main course
and dessert
of the day

Bookings required 9880 4709

Canterbury Centre 2 Rochester Road, Canterbury **Monday to Thursday 12:30pm**
Marwal Centre 9 Marwal Avenue Nth Balwyn **Thursday 12:00pm**

Healthy feet are Happy Feet

If the condition of your feet is holding you back from living your best life, then it's time to visit our qualified podiatrist for some orthopaedic care.

Healthy feet are vital to maintaining your independence and mobility.

Fridays by appointment

Please phone 9880 4709 to make a booking

Canterbury Centre 2 Rochester Road, Canterbury
Marwal Centre 9 Marwal Avenue Nth Balwyn



EXERCISE Physiology

An exercise physiologist is a university-qualified, Allied Health professional equipped with the knowledge, skills and competencies to design, deliver and evaluate safe and effective personalised exercise interventions. Matt can assist you whether you're looking to guard against injury, aid your rehabilitation or simply to meet your personal fitness goal.



weekly
1 on 1
exercise
with Matt

Tuesdays & Thursdays by appointment
Canterbury Centre, 2 Rochester Road

Cost: Initial consultation \$40, standard consultation \$20, (T&Cs apply)

Call 9880 4709 or email m.azzopardi@basscare.org.au to find out more or to book

Exercise Physiologist led

FALLS PREVENTION EXERCISE PROGRAM

This evidence-based exercise and educational group program conducted by our qualified exercise physiologist is designed to reduce your risk of falls.

Contact us to discuss what physical activity you are most suited to, or to book in for a class or consultation.

Classes beginning

Tuesday **23rd March**

1.30pm – 3.00pm

Canterbury Centre, 2 Rochester Road

Cost: \$200 (T&Cs apply)

Transport available for \$5 each way per session

Bookings/enquiries 9880 4709
or email m.azzopardi@basscare.org.au

15 week program includes

- a pre-course assessment (conducted by appointment 2 weeks prior)
- 13 weekly group exercise classes (60 minutes per week)
- a post-course assessment (finish on the 24th of June)

Music for WELLBEING

SPECIAL PRESENTATION

with **Dr Christina Green**, music therapist, performing songwriter & composer.

Come and enjoy a singalong session with Christina Green, a music therapist with 28 years of experience. Christina also brings a depth of performing experience and has facilitated a range of community music including choral, drumming and chant singing groups, working with people of all abilities and levels of experience.

Book
today

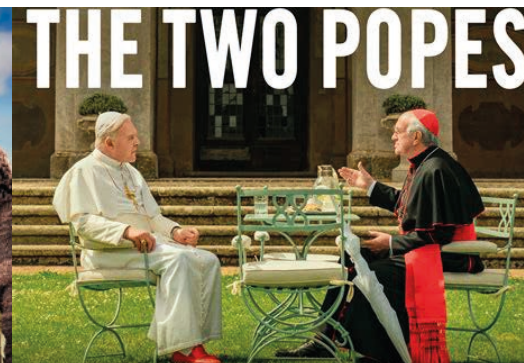
Thursday 3.30-4.30pm
March 18th & April 15th

Maranoa Club, 6 Faversham Rd,
Canterbury

Cost: Gold coin donation.

Transport: \$5 each way (booking required)

MOVIES at Canterbury Centre, Join us for a film on Wednesday afternoons at 1.30pm.
Cost: \$5 (icecream available for \$1).



- **March 3rd** **Mrs Brown's Boys D'Movie** (2014) Irish comedy based on the popular sitcom.
- **March 10th** **Judy** (2019) Biographical drama about legendary singer and actress Judy Garland.
- **March 17th** **Brassed Off** (1996) British comedy-drama about a local brass band.
- **March 24th** **The BBC's Earthflight** (2011) View the world from the wings of a bird.
- **March 31st** **The Two Popes** (2019) Critically acclaimed biographical drama about Pope Francis and Pope Benedict.
- **April 7th** **Easter Parade** (1948) American musical film starring Judy Garland.
- **April 14th** **The Dish** (2000) - Australian film about relaying, on live television, man's first step on the moon.
- **April 21st** **Rams** (2020) - Two estranged brothers and their flocks of sheep in Western Australia.
- **April 28th** **Local Hero** (1983) - Scottish comedy-drama.



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

Transport to and from BASScare centre-based activities and lunch (subject to availability) is \$10 per return trip. Pick up areas include Camberwell, Canterbury, Surrey Hills and Balwyn.

BASScare pick up areas for outings include Kew, North Balwyn, Balwyn, Canterbury, Surrey Hills, Camberwell and Hawthorn.

BOOKING TWO DAYS PRIOR IS ESSENTIAL.

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.

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

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.