


May/June 2021

STAYING CONNECTED

WITH YOUR COMMUNITY

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

As we move closer to Winter, things are warming up for our Social Activities programs.

We had a great response to the bus outings, which resumed in March, with all trips fully booked. So, due to popular demand, I'm pleased to say that we will be doubling our outings offerings, with trips now scheduled for Tuesday and Fridays. A big welcome to our new outings driver, Robyn!

I also had the pleasure of attending the 'Music for Wellbeing' program at the Maranoa Club, where Christina had us all singing along (regardless of our ability to hit a note!). I strongly encourage you all to pop in, warm up those vocal cords and give it a try at one of the monthly sessions.

I'd like to thank all of you who took the time to fill out and return the 'have your say' cards from our last newsletter. In direct response to your feedback and suggestions, we are now offering more transport, bringing back Sunday roast lunches, Friday art classes and trialing a new games and cards afternoon on a Thursday. Due to the demand for our exercise classes, we are planning an additional new exercise class on Wednesday, 11.15am from July and we're very excited for a dance at the Marwal Centre in July, more information to come on that in the next issue! If you're interested in any of these

new programs, please contact the Canterbury Centre reception.

So, whether it's a hot lunch, an outing to a cosy open fire café or an exercise class to get the blood pumping, we've got something for you this May and June.

Tom Edwards

Centre Manager Social Support

Welcome to Robyn Tilbury

our new Outings Driver
(an enjoyable March lunch trip)





Social Activity Programs & Services

MAY/JUNE 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
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
Wednesdays weekly 1.30pm \$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. Cuts starting from \$25 (Men) & \$30 (Ladies). Booking required.

Community Dining & Meals on Wheels

- **Three course meal at Canterbury Centre**
Monday to Thursday \$12, Sunday \$15.
- **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 **f BASScareAgedCare**

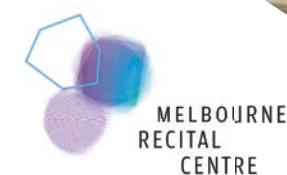
* NOTE: BASScare community centres, Meals on Wheels office and social activities offices are CLOSED on public holidays. If the office is unattended, please leave a message on the answering machine and we will return your call the next working day.

SPECIAL EVENTS

Music Always with QUARTZ

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

Quartz is a fresh and exciting ensemble on the Australian music scene. It unites four highly acclaimed musicians - Kathryn Taylor and Philippa West (violin), Merewyn Bramble (viola) and Zoe Wallace (cello). These vibrant musicians give their programs an innovative edge and unique appeal by combining classic string quartet repertoire alongside lesser known works.



MELBOURNE
RECITAL
CENTRE

FREE event

Wednesday 30th June

10.45am for 11am performance

Canterbury Centre, 2 Rochester Rd, Canterbury

Transport: \$5 each way (booking required)

Bookings essential by 23rd of June

Call 9880 4709

BACK BY POPULAR DEMAND!

Bookings essential

Hot 3 course Sunday Lunch for only \$15 at Canterbury Centre.

12.30pm, 2 Rochester Rd, Canterbury
Transport: \$5 each way (booking required)



Mother's Day

MORNING MOVIE SPECIAL

To help celebrate Mother's Day, why not treat that special someone (or yourself) to a complimentary choc-top ice-cream and coffee at a special morning screening of 'Penguin Bloom'. Based on a touching true story, Naomi Watts plays a woman who, after a life-changing accident, finds inspiration in a magpie. A delicious 3 course lunch will be served afterwards for \$12.

PENGUIN BLOOM
with
NAOMI WATTS

Book Today

Cost: Gold coin donation
Transport: \$5 each way.
Bookings essential - 9880 4709

Wednesday 12th May 10:45am for 11am start



For more information and bookings phone **9880 4709**

Pickup from home usually between 10am and 11.30am unless otherwise stated

TUESDAY 4th 	Madeline's Café, Jells Park - Wheelers Hill Enjoy the wonderful view in the picturesque parkland while enjoying a lovely lunch.		\$15 (plus lunch)
FRIDAY 7th 	Beasley's Nursery & Tea House, Warrandyte Come and enjoy a lovely lunch nestled in leafy surroundings, followed by a stroll in the adjoining nursery and gift shop.		\$15 (plus lunch)
TUESDAY 11th 	Heide Café & Museum of Modern Art – Active Trip! Enjoy a lovely lunch followed by a stroll around the sculpture park & art gallery.		\$30 (plus lunch)
FRIDAY 14th 	The Boulevard Cafe @ Montsalvat, Eltham This well preserved artist colony is sure to delight with its gorgeous gardens and mouth-watering menu to choose from.		\$15 (plus lunch)
TUESDAY 18th 	Waverley R.S.L. With a tasty seniors menu and a chance to test your luck with the pokies afterwards, you're sure to have a fulfilling day.		\$15 (plus lunch)
FRIDAY 21st 	The Chocolate House, Richmond This Eaterie and Chocolaterie is the place where you can indulge in all things sweet and "chocolatey".		\$15 (plus lunch)
TUESDAY 25th 	Ricketts Point Tea House, Beaumaris Located on the beachfront this is a delightful eatery where you can dine inside or outside depending on the weather.		\$15 (plus lunch)
FRIDAY 28th 	Panton Hill Hotel This charming country pub serves up tasty classics in an idyllic setting.		\$15 (plus lunch)



DISCOUNTS

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

TUESDAY 1st 	Kallista Tea Rooms Nestled in the Dandenongs is this gorgeous café where you can indulge in some scrumptious food whilst savoring the views of the surrounding hills.		\$15 (plus lunch)
FRIDAY 4th 	Cerberus, Half Moon Bay Come along for a lovely beach drive and fish & chips on the Black Rock beachfront.		\$15 (plus lunch)
TUESDAY 8th 	Grant's on Sherbrooke, Kallista – Active Trip! Situated in the picturesque Dandenong ranges is this lovely café where you can enjoy a meal then stroll in the surrounding parkland & feed the local birds.		\$15 (plus lunch)
FRIDAY 11th 	Hurstbridge Post Office Café, Hurstbridge Join us for a lovely drive and lunch at this warm and friendly café on the outskirts of Melbourne.		\$15 (plus lunch)
TUESDAY 15th 	Garden World Café, Braeside Much more than just a place to eat, Garden World has an incredible selection of Bonsai & potted plants.		\$15 (plus lunch)
FRIDAY 18th 	Forest Hill Shopping Centre – Active Trip! With all your favorite shops under one roof plus a great choice of cafes, this outing has something for everybody.		\$15 (plus lunch)
TUESDAY 22nd 	Bay Road Café & Nursery, Sandringham This lovely café is sure to be a winner with a lovely choice of food on its menu and a nursery and gift shop that you can wander through.		\$15 (plus lunch)
FRIDAY 25th 	Abbottsford Convent Bakery Situated in the historic Abbottsford convent grounds, this delightful café has something for everybody.		\$15 (plus lunch)
TUESDAY 29th 	Earthly Pleasures Café, Belgrave As the name suggests, this café is sure to deliver on its word with it's decadent choice of scrumptious food on offer set in the lovely Dandenong Ranges.		\$15 (plus lunch)



BASS care

Biggest Morning High Tea

Everyone loves a lavish morning tea and there is no better reason to come together than to help raise money for the Cancer Council and cancer research. We'll be hosting a special morning tea at the Canterbury Centre with succulent sandwiches, scrumptious sweets and delicious Devonshire tea all in great company and for a great cause.

Cancer Council

Thursday 27th May 11am Canterbury Centre, 2 Rochester Road
DONATION: We will be raising money for the Cancer Council so we encourage you to make a contribution for the event with a donation on the day.



FREE CARDS

Scrabble, solo or snakes and ladders, you choose! Come along with a partner or pair up with someone on the day for a fun filled afternoon of cards or board games.

**1.30pm Thursday
13th May & 10th June**
Canterbury Centre, 2 Rochester Road
Transport available for \$5 each way
 (bookings essential. Call 9880 4709).

A delicious 3 course lunch will be served beforehand for \$12.

HAIRDRESSING

BOOKINGS ESSENTIAL

Alternating Fridays at Canterbury and Marwal Centres.

Ladies Haircut:	\$30
Men's Haircut:	\$25
Shampoo & Cut:	\$40
Shampoo & Blow Dry/Set:	\$35
Shampoo, Haircut & Blow Dry/Set:	\$55
Perm (Marwal only):	\$90-\$100

Music for WELLBEING

SPECIAL PRESENTATION

Book today

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.

Thursday 3.15-4.30pm
May 20th & June 17th
 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 (ice cream available for \$1).



- **May 5th** **Knives Out** (2019) Everyone is a suspect as a detective investigates the death of a wealthy novelist. Fabulous ensemble cast.
- **May 12th** No Afternoon Movie Today. **Penguin Bloom** Special Screening at 10.30am
- **May 19th** **Her Majesty, Mrs Brown** (1997 Queen Victoria (Judy Dench) finds solace with her servant after Albert's death.
- **May 26th** **Without a Clue** (1988) Michael Caine and Ben Kingsley in a farcical take on Sherlock Holmes.
- **June 2nd** **The Peanut Butter Falcon** (2019) A man with Down Syndrome escapes his care home to follow his dream.
- **June 9th** **News of the World** (2020) A Civil War veteran (Tom Hanks) escorts a young girl across Texas.
- **June 16th** **Letters to Juliet** (2010) Set in Italy, a young woman helps an older one (Vanessa Redgrave) find love.
- **June 23rd** **Shadowlands** (1993) True story of author C.S. Lewis and his relationship with poet, Joy Davidman.
- **June 30th** **Unfinished Song** (2012) Heart-warming comedy starring Terrence Stamp about finding joy after grief.



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 remaining COVID-19 restrictions, we are currently unable to have our regular working bee mail out. 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.

BOOKINGS ESSENTIAL FOR ALL SOCIAL ACTIVITIES & TRANSPORT
Phone: 9880 4709

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.