

July / August 2021

# STAYING CONNECTED

## WITH YOUR COMMUNITY

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

Cheer your  
mid Winter heart.  
Enjoy an afternoon of  
fun & dancing at our annual

## Winter Dance

Thursday **29th July**  
11.30am – 2.30pm

**BOOKINGS  
ESSENTIAL**

**RSVP  
& pay by  
22nd July**

FEATURING  
*Live music*  
FROM  
**KATO**



**Marwal Centre**

9 Marwal Ave, Balwyn North

Cost: \$25 including antipasto, pizza & dessert.

Transport: \$5 each way (booking required & conditions apply).

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*Christmas*  
in **JULY LUNCH**

**FALLS PREVENTION  
EXERCISE PROGRAM**

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**Boroondara Blokes**

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Isn't the year going quickly! We've come a long way in 2021; from January to now we've doubled the amount of sessions we are offering monthly, with 12 new or returning programs added since summer. As we head into the second half of the year, we have more of your favourites returning. Highlights include a new Friday art class with Eric, the return of a regular blokes program with Rick and Rod, a Christmas in July lunch and a Winter Dance. We hope to fill the Canterbury

and Marwal Centres with food, drink, music and dancing this winter, so these events are not to be missed!

There are some other new and exciting things happening at BASScare. Firstly, the opening of our **Morgan Glen Iris** assisted living apartments. These 62 private apartments are designed for people who would like some domestic and hospitality assistance. If you'd like more information you can phone **1300 667 444**.

## JULY/AUGUST social activity programs

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

PHONE: 9880 4709

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

**Brain Games** Interactive learning and puzzles  
**Mondays weekly 1.30pm \$5**

**Learn, Laugh & Lunch** Guest speakers and presentations on a wide variety of topics.  
**Wednesday 10.30am**

**Art and Craft Groups** Create with pottery, painting, 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**

## 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 – Thursday \$12, Sunday Roast \$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 Community Hub & 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–4pm

**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.

## SPECIAL EVENTS

# Music Always with STILETTO SISTERS

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

The 'Stiletto Sisters' have been wooing audiences in their home town of Melbourne for the past fifteen years with their seductive blend of Hungarian gypsy, tango and love songs from around the world.

**Bookings essential 9880 4709**

**Transport: \$5** each way (booking required)

MELBOURNE  
RECITAL  
CENTRE

Stay around to enjoy a  
delicious 3 course lunch  
for \$12 at 12.30pm

Wednesday  
**11th August** 10.45am  
for 11am performance

**Canterbury Centre,  
2 Rochester Rd, Canterbury**

**FREE  
event**

# Christmas in JULY LUNCH

Wednesday  
**21st July** 12:15pm

**Canterbury Centre,  
2 Rochester Rd, Canterbury**  
**Bookings essential 9880 4709**

Who says we have to wait till the end of the year? Get that festive feeling at our annual Christmas in July lunch. As well as a delicious three-course lunch with all your favourites, there will be drinks, live music and trivia to get you in the Christmas spirit!

Live music with  
**Gavin Liddell**

**RSVP  
& pay by  
16th July**

**Cost: \$25**  
**Transport: \$5** each way (booking required)

# NEW Art Class with Eric

Eric Zhang is a registered art therapist who has experience working in a variety of seniors' centres and community organisations. Eric is proficient in a wide variety of mediums such as origami, paint, watercolour and pencils, and is looking forward to supporting and nurturing you through your own art journey at BASScare!

**Call to book you FREE trial session.**

**Regular price: \$15**

**Fridays 1.30 – 4.00pm**


**Canterbury Centre,  
2 Rochester Rd, Canterbury**

**Bookings required 9880 4709**





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

FRIDAY 2 <sup>nd</sup> 	<b>Panton Hill Hotel</b> This charming country pub serves up tasty classics in an idyllic setting	<b>\$15</b> (plus lunch)
TUESDAY 6 <sup>th</sup> 	<b>Off the Pier, Williamstown</b> Enjoy a tasty lunch of fish and chips and a bracing stroll down the pier, weather permitting!	<b>\$15</b> (plus lunch)
FRIDAY 9 <sup>th</sup> 	<b>Pig &amp; Whistle Tavern, Olinda</b> Join us for Christmas in July at this traditional English tavern in the heart of the Dandenong Ranges	<b>\$55</b> (incl. lunch) 
TUESDAY 13 <sup>th</sup> 	<b>Cardinia Club, Pakenham</b> Enjoy a drink and tasty bistro lunch then stay for a chat or try your luck in the gaming lounge.	<b>\$15</b> (plus lunch)
FRIDAY 16 <sup>th</sup> 	<b>Earthly Pleasures Café, Belgrave</b> Join us for a tasty lunch at this charming café housed in a restored 1930s stone building.	<b>\$15</b> (plus lunch)
TUESDAY 20 <sup>th</sup> 	<b>Manhattan Hotel, Ringwood</b> Dig in at this popular buffet offering hot soups and entrees, fresh salads, succulent roasts, seafood galore, Asian dishes and a huge selection of desserts.	<b>\$35</b> (incl. lunch)
FRIDAY 23 <sup>rd</sup> 	<b>The Courthouse Hotel, Bacchus Marsh</b> Enjoy a two course seniors' meal at this friendly bistro. After lunch, we'll explore the area and buy some farm-gate produce.	<b>\$31</b> (incl. lunch)
TUESDAY 27 <sup>th</sup> 	<b>The Hatter &amp; the Hare Cafe, Bayswater</b> Join us for some scrumptious fare at this Alice in Wonderland – inspired café and patisserie.	<b>\$15</b> (plus lunch)
FRIDAY 30 <sup>th</sup> 	<b>Prahran Market – Active Trip!</b> Come and explore this popular foodie destination, which has been serving Melbourne for over 150 years. You're bound to find something tasty for lunch!	<b>\$15</b> (plus lunch)



**Boroondara Blokes**  
Great social group outings for the gents

*It's back!*

**BOROONDARA BLOKES ARE BACK**

Join Rick and Rod at the new Blokes sessions to talk, share a joke, learn a thing or two and enjoy a meal in good company.



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

TUESDAY 3 <sup>rd</sup> 	<b>The Growling Frog, Donnybrook</b> Enjoy a delicious lunch with a view at this popular golf course restaurant.	<b>\$15</b> (plus lunch)
FRIDAY 6 <sup>th</sup> 	<b>Pettys Orchards, Templestowe</b> You're bound to find something tasty for lunch at this café and produce shop nestled amongst orchards on the Yarra Trail.	<b>\$15</b> (plus lunch)
TUESDAY 10 <sup>th</sup> 	<b>The Italian Sports Club, Werribee</b> Join us for lunch, a chat and maybe a flutter at this friendly venue in Werribee.	<b>\$15</b> (plus lunch)
FRIDAY 13 <sup>th</sup> 	<b>SEA LIFE Melbourne Aquarium – Active Trip!</b> Come visit the penguins, stingrays, massive sharks and tropical fish at this Melbourne institution – they've even got crocodiles! Bring a sandwich or purchase something tasty at the onsite café.	<b>\$45</b> (plus lunch) 
TUESDAY 17 <sup>th</sup> 	<b>Terminus Hotel, Healesville</b> Join us for a drive through the Yarra Ranges to enjoy a classic pub lunch at this friendly and relaxed venue.	<b>\$15</b> (plus lunch)
FRIDAY 20 <sup>th</sup> 	<b>Noojee Hotel</b> Come for a scenic drive to the former timber town of Noojee on the banks of the Latrobe River. Enjoy fabulous country food on the balcony overlooking the river and peaceful bushland beyond.	<b>\$15</b> (plus lunch)
TUESDAY 24 <sup>th</sup> 	<b>Primary @ Pioneers Park, Berwick</b> Enjoy a tasty lunch at this charming light-filled venue in the heart of Pioneer Park.	<b>\$15</b> (plus lunch)
FRIDAY 27 <sup>th</sup> 	<b>Madeline's Café, Wheelers Hill</b> There's plenty to savour at this popular café nestled in picturesque Jells Park.	<b>\$15</b> (plus lunch)
TUESDAY 31 <sup>st</sup> 	<b>Garden World</b> Explore all things horticultural at this vast undercover venue which is home to bonsai, flowering plants, cacti and a fabulous onsite café.	<b>\$15</b> (plus lunch)

**BOROONDARA BLOKES – AUGUST TRIPS**

MONDAY 16 <sup>th</sup>	<b>Customs House Hotel, Williamstown</b> Enjoy a two-course pub lunch followed by a look around the foreshore sites.	<b>\$37</b> (trip & lunch)
MONDAY 30 <sup>th</sup>	<b>Canterbury Centre lunch &amp; Canterbury Men's Shed</b> Enjoy a three-course hot lunch at the Canterbury Centre, followed by a hands-on session turning historic 100-year-old local gum into a chopping board to take home.	<b>\$25</b> (all inclusive)

# 15 week Exercise Physiologist led program FALLS PREVENTION

Keeping you stronger & independent for longer

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.

- a pre-course assessment (1-2 weeks prior)
- 13 weekly group exercise classes (60 minutes)
- a post-course assessment (finish on 7th December)
- educational talks

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

Cost: \$200 (T&C's apply) Transport: \$5 each way (booking required)

weekly classes starting  
**Thursday  
7th September**  
1.30pm-2.30pm  
Canterbury Centre,  
2 Rochester Road,  
Canterbury

Book  
Today



Group  
Classes  
with  
**MATT**



A fun-filled afternoon of cards and board games.

1.30pm Thursday  
**8th July & 12th August**

Canterbury Centre, 2 Rochester Road

Cost: gold coin donation

Transport available for \$5 each way  
(bookings essential. Call 9880 4709).

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

# Music for WELLBEING

SPECIAL PRESENTATION

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

Thursday 3.15-4.30pm  
**15th July & 19th August**

Maranoa Club,  
6 Faversham Rd,  
Canterbury

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

Book  
today

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



- **July 7th** **Wonder** (2017) Based on the New York Times bestseller, "Wonder" tells the inspiring and heart-warming story of August Pullman, a boy with facial differences who enters school.
- **July 14th** **The Boy Who Harnessed the Wind** (2019) Tells the true story of William Kamkwamba; the young Malawian genius who built a windmill entirely via DIY methods.
- **July 21st** **Military Wives** (2019) Follows a group of women in England whose partners are away serving in Afghanistan.
- **July 28th** **A United Kingdom** (2017) Based on the true story of the former king of Botswana's marriage to a British woman in the late 1940s, which caused an international uproar.
- **August 4th** **The Thrill of it All** (1963) A doctor tries to cope with his wife's new-found stardom as an advertising pitch woman.
- **August 11th** **The Courier** (2020) The true story of a British businessman unwittingly recruited into one of the greatest international conflicts in history.
- **August 18th** **Poms** (2019) Poms is a comedy about a group of women who form a cheer leading squad at their retirement community.
- **August 25th** **Their Finest** (2016) Set in London in 1940 during the height of the Blitz, taking its title from a speech by Winston Churchill.

## Assisted support for living at home

Tailored domestic, personal & clinical support  
for independent living in your own home

We're pleased to announce BASScare will now be offering Home Care Packages and would like to welcome Lauren Richey as Home Care Manager.



HOME  
care

If you require assistance to remain at home safely and independently,  
contact our Home Care Package team to discuss your needs on 8809 0050.



## **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.