

September/October 2021

# STAYING CONNECTED

## WITH YOUR COMMUNITY

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



It's footy finals time!



**GRAND FINAL FEVER LUNCH**

Wednesday  
**22nd SEPTEMBER**  
12.15pm-2.30pm

Come wearing your favourite team's colours for a fun filled afternoon of food, drink & trivia.

**Canterbury Centre**  
2 Rochester Road,  
Canterbury

**Book and pay  
by 16th September**

Transport: \$5 each way  
(Booking required)

*Live music* by **GAVIN LIDELL**

**BOOKINGS  
ESSENTIAL**

**Cost  
\$25**

**MUSIC &  
MOVEMENT**

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**NOTE:** All events  
and trips are  
subject to Government  
COVID restrictions.

*Spring*  
**DANCE**

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*Live music* by  
**KATO**



Firstly, we would like to thank you all for your patience and positivity during the on again, off again nature of the last few months. As always, we plan the next two months of programs and special events with an optimistic outlook and are really looking forward to some new and exciting ventures to complement what is a very busy start to spring!

Our Social Support activities are all about enabling you to feel good and live well. With that in mind, we are launching both a Music and Movement and a Wellness and Mindfulness program during Seniors Week 2021. There is new research coming out in both these areas detailing the potential benefits to your physical and mental health, so I really encourage you to get involved.

## SEPTEMBER/OCTOBER 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** Get creative 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



**\$25 BOOKINGS ESSENTIAL**

**RSVP & pay by 23rd SEPTEMBER**

*Spring DANCE*

**Live music by KATO**

**KATIA & TONY**

Leap into the warmth and colour of the season. Enjoy an afternoon of fun, food and dancing at our annual Spring Dance.

**Thursday 11.30am – 2.30pm**  
**30th September**  
**Marwal Centre, 9 Marwal Ave, Balwyn North**

Cost: includes antipasto, pizza & dessert.

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

## MUSIC & MOVEMENT

Our introductory class will help you get your groove on with a range of styles, from lively rock'n'roll to smooth dancing with the foxtrot and rumba.

This beginner friendly session is for anyone that enjoys music and moving with either a dance partner or solo.

The session is a collaboration between professional dance teachers and exercise scientists to provide you with a safe, fun and engaging class.

Join us to improve balance, co-ordination and posture, all while meeting new people and having a great time.



**FREE event**

The emphasis of the session is to have fun, feel good and move your body.

**Thursday 1.30pm**  
**21st October**

**Marwal Centre, 9 Marwal Ave, Balwyn North**

**Bookings essential 9880 4709**

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



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

**NOTE: All events and trips are subject to Government COVID restrictions.**

<b>TUESDAY 14<sup>th</sup></b> 	<b>Kirk's on the Esplanade, Mornington</b> Enjoy a tasty meal with stunning water views followed by a beachside stroll.	<b>\$15</b> (plus lunch)
<b>FRIDAY 17<sup>th</sup></b> 	<b>Lady Lavender Tearooms, Bunyip</b> Enjoy a delicious lunch or Devonshire Tea at this quaint tearoom, followed by a wander through the gift shop, nursery and picturesque country garden.	<b>\$15</b> (plus lunch)
<b>TUESDAY 21<sup>st</sup></b> 	<b>Rye Hotel</b> This family-run establishment offers tasty meals, gaming and a beachside location.	<b>\$15</b> (plus lunch)
<b>FRIDAY 24<sup>th</sup></b>	<b>PUBLIC HOLIDAY</b>	
<b>TUESDAY 28<sup>th</sup></b> 	<b>Dawson's Bistro @ Greyhounds Entertainment</b> Enjoy a hearty lunch and a chat, then explore the sports bar and gaming facilities.	<b>\$15</b> (plus lunch)

## BOROONDARA BLOKES – SEPTEMBER TRIPS

<b>MONDAY 13<sup>th</sup></b> 	<b>Kinglake Pub</b> Nestled in the gateway to the majestic Kinglake National Park, this cosy pub offers friendly service, an open fire and tasty bistro meals.	<b>\$15</b> (plus lunch)
<b>MONDAY 27<sup>th</sup></b> 	<b>Fire Services Museum</b> Join us on a tour of Australia's largest collection of fire brigade memorabilia, including vintage fire vehicles and other appliances, helmets, 18th century uniforms, badges, models, and much more. Lunch after at a local pub.	<b>\$15</b> (plus lunch)



Come and explore different destinations around greater Melbourne and enjoy a lunch out amongst good company.

**BOOKINGS  
ESSENTIAL**



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

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

<b>FRIDAY 1<sup>st</sup></b> 	<b>Healesville Bakery and Big Bouquet Farm</b> Enjoy the spring countryside on our drive to Healesville. Lunch at the Beechworth Bakery, followed by a gerbera & alpaca farm.	<b>\$15</b> (plus lunch)
<b>TUESDAY 5<sup>th</sup></b> 	<b>Glasshouse Restaurant, Caulfield</b> Join our friendly group for a tasty bistro lunch at this BASScare favourite. After lunch, have a flutter or take a stroll around the beautiful rose gardens.	<b>\$15</b> (plus lunch)
<b>FRIDAY 8<sup>th</sup></b> 	<b>Pelikan Societe, Hastings</b> Come for a drive down the Peninsula and enjoy a delicious lunch at this friendly and stylish venue overlooking the pier and the moored yachts.	<b>\$15</b> (plus lunch)
<b>TUESDAY 12<sup>th</sup></b> 	<b>Upper Yarra RSL</b> Seniors menu and gaming facilities in a relaxed bushland setting.	<b>\$15</b> (plus lunch)
<b>FRIDAY 15<sup>th</sup></b> 	<b>McClelland Sculpture Park – Active Trip!</b> Explore the gallery showcasing award winning drawing, watercolour and ceramics or take a wander through the outdoor sculpture collection. (Note: gravel paths)	<b>\$21</b> (plus lunch)
<b>TUESDAY 19<sup>th</sup></b> 	<b>Chirnside Park Country Club</b> Enjoy a tasty meal in the bistro at this friendly club with great facilities.	<b>\$15</b> (plus lunch)
<b>FRIDAY 22<sup>nd</sup></b> 	<b>Vue Restaurant, Settler's Run</b> Savour the food and awesome view at this picturesque golf club in Botanic Ridge. You may even spot a kangaroo or brown nosed bandicoot while you dine!	<b>\$15</b> (plus lunch)
<b>TUESDAY 26<sup>th</sup></b> 	<b>Lilies on Brougham</b> Delight in all that's on offer at this French inspired tearoom, gift shop and boutique nursery.	<b>\$15</b> (plus lunch)
<b>FRIDAY 29<sup>th</sup></b> 	<b>Kinglake Pub</b> Come for a drive through the majestic Kinglake Ranges to enjoy a classic pub meal at this friendly local establishment.	<b>\$15</b> (plus lunch)

## BOROONDARA BLOKES – OCTOBER TRIPS

<b>MONDAY 11<sup>th</sup></b> 	<b>Paradise Valley Hotel</b> Experience the sights and sounds of the bush while enjoying a classic pub lunch in the heart of the Dandenong Ranges.	<b>\$15</b> (plus lunch)
<b>MONDAY 25<sup>th</sup></b> 	<b>Lunch &amp; Activity Session</b> Enjoy a three-course hot lunch at the Canterbury Centre, followed by an afternoon activity.	<b>\$25</b> (all inclusive)



## Music Always with MELBOURNE CHAMBER PLAYERS

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

With performances celebrating familiar sounds of the past and unveiling sounds of the present, their mission is to create chamber music experiences to move and enliven the listener.

**Bookings essential 9880 4709**  
**Transport: \$5** each way (booking required)

MELBOURNE  
RECITAL  
CENTRE

Wednesday  
**27th October** 10.45am  
for 11am performance  
**Canterbury Centre,  
2 Rochester Rd, Canterbury**

**FREE  
event**



## Checking in with QR Codes and using Apps

SPECIAL INFORMATION SESSIONS

We are running small group tutorial sessions to help you navigate downloading and using check-in apps and QR codes. No previous experience or equipment needed!

1.30pm Thursday **16th September**  
& Tuesday **12th October**  
**Canterbury Centre, 2 Rochester Road, Canterbury**  
**Transport available for \$5 each way** (bookings essential).

**FREE**

**Book  
Today**



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



## GAMES CARDS

**Come along for a fun filled afternoon of cards or board games.**

Are you a keen player of Mahjong?  
We are also looking for volunteers interested in teaching others.

1.30pm Thursday  
**16th September & 14th October**  
**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  
**23rd September &  
21st October**

**Maranoa Club,  
6 Faversham Rd, Canterbury**

**Book  
today**

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

## MINDFULNESS & WELLBEING

SPECIAL SESSION

11.00am Friday  
**8th October**

Mindfulness training has potential physical and psychological benefits for older adults, including better focus, less stress, improved sleep and enhanced emotional well-being. Join us for a free session as we take you through some introductory exercises focused around meaning, purpose and connectedness.

**Canterbury Centre,  
2 Rochester Rd, Canterbury**  
**Bookings essential 9880 4709**  
**Transport: \$5** each way (booking required)

**FREE  
event**



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

- September 15th **Florence Foster Jenkins** (2016) Meryl Streep stars as a New York heiress who dreams of becoming an opera singer, despite having a terrible voice.
- September 22nd **The Dig** (2021) Based on the 1939 archaeological discovery of a Viking burial site on a Suffolk farm. Starring Ralph Fiennes and Carey Mulligan.
- September 29th **Our Souls at Night** (2017) Two lonely neighbours find companionship and connection after bereavement. Starring Jane Fonda and Robert Redford.
- October 6th **Viceroy's House** (2017) In 1947, British statesman Lord Mountbatten serves as India's last Viceroy and is charged with handing India back to its people.
- October 13th **Military Wives** (2019) Follows a group of women in England whose partners are away serving in Afghanistan.
- October 20th **Tracks** (2014) Accompanied only by her faithful dog and four camels, a young woman embarks on a solo trip across the desert from Alice Springs to the Indian Ocean. Stunning cinematography.
- October 27th **The Good Liar** (2019) A career con-artist (Ian McKellen) sets his sights on a well-to-do widow (Helen Mirren) in this gripping thriller.



## **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.