

November 2021

# STAYING CONNECTED

## WITH YOUR COMMUNITY

- HEALTH & WELLBEING
- PUZZLES & TRIVIA
- SERVICES



Dear All,  
I'm sure, like us, you're itching to get back to face-to-face programs and this warmer weather is perfect motivation to resume many of the activities we love doing. As always, we will be ensuring that we provide you with a safe and welcoming environment so there are some important requirements for attendance that you need to be aware of...

In-line with the current State Government restrictions, all staff, volunteers and clients will need to be fully vaccinated to attend programs at the Canterbury and Marwal Community Centres.

When returning to the Canterbury or Marwal Centre for the first time, you will be asked to provide proof of vaccination to reception. If you prefer, you may email it to [socialsupport@basscare.org.au](mailto:socialsupport@basscare.org.au) prior to your first visit. With your permission, we will keep a record of your vaccination on your client record.

Proof of vaccination can be a digital or hardcopy of your immunisation history statement or COVID-19 digital certificate. If you don't already have your proof of vaccination it is available through MyGov and the Medicare mobile app. Your digital version on your smart device can then be linked to the Service Victoria app and will show each time you sign in using the QR codes at one of our sites.

Alternatively, you can request a hardcopy paper version from your place of vaccination, or by calling the Australian Immunisation Register on **1800 653 809**. *Please note – this can take up to 14 days to arrive by mail.*

Our staff and volunteers are happy to support and assist anyone who finds this process challenging please call reception on **9880 4709** if you need help.

We are excited to see you soon and appreciate your patience and understanding as we bring back your favorite programs and activities in a safe and supportive environment.

**Tom Edwards**  
Centre Manager Social Support



## NOVEMBER WEEKLY SOCIAL ACTIVITY PROGRAMS & SERVICES

### NOVEMBER 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. **\$12**  
**Tuesdays** with Anne – returns 9th November  
**Wednesday** with Bob – returns 10th November  
**Thursday** with Sue – returns 11th November  
**Thursday** with Matt – returns 11th November

**Brain Games** Interactive learning and puzzles. **\$5**  
**Mondays** – returns 8th November

**Music for Wellbeing** – monthly sing along  
**Gold coin donation** **Returning 18th November**

**Games and Cards** afternoon of card and board games – **Gold coin donation**. **\$5**  
**Returning 11th November**

**Learn, Laugh & Lunch** Guest speakers and presentations on a wide variety of topics (contact reception). **Returning 10th November**

**Art and Craft Groups** Get creative with pottery, painting, knitting and much more! **\$5 – \$15**  
**Art Class** – **Continuing on Zoom**  
**Craft** – **Return date TBA**  
**Pottery** – **Return date TBA**

**BC Connected**  
 One-to-one help with technology **FREE**  
**Returning 9th November**

**Movies** Join us for a variety of new and classic movies on Wednesday afternoons 1.30pm **\$5**  
**Returning 10th November**

### Allied Health & Hairdressing Services

- **Podiatry** – Fortnightly at Canterbury and Marwal Centres – Starting from **\$12. Available**
- **Exercise Physiology** – One to one sessions with a qualified and experienced instructor – Starting from \$20. **Available**
- **Hairdressing** – Fortnightly at Canterbury and Marwal Centres. Cuts starting from \$25 (Men) & \$30 (Ladies). Booking required. **Available**

### Community Dining & Meals on Wheels

**Three course meal at Canterbury Centre** Monday – Wednesday **\$12, Returning 8th November**

**Three course meal at Marwal Centre** Thursday **\$12. Returning 11th November**

**Meals on Wheels** delivered to your home starting from **\$9.50. Available**

### Community Transport

Transport is available to our group programs and activities **from 9th November**. Terms & conditions apply.

**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)**

**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.

## 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 Tuesday 16th November**

**Canterbury Centre, 2 Rochester Road, Canterbury**

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

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

**FREE**

**Book Today**



### MOVIES at Canterbury Centre

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

- **November 10th** **Florence Foster Jenkins** (2016) Meryl Streep stars as a New York heiress who dreams of becoming an opera singer, despite having a terrible voice.
- **November 17th** **The Dig** (2021) Based on the 1939 archaeological discovery of a Viking burial site on a Suffolk farm. Starring Ralph Fiennes and Carey Mulligan.
- **November 24th** **Our Souls at Night** (2017) Two lonely neighbours find companionship and connection after bereavement. Starring Jane Fonda and Robert Redford.



**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 11th November**

**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



# Explore Bus Trips **November**



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

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

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

FRIDAY 12 <sup>th</sup> 	<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)
TUESDAY 16 <sup>th</sup> 	<b>Upper Yarra RSL</b> Seniors menu and gaming facilities in a relaxed bushland setting.	<b>\$15</b> (plus lunch)
FRIDAY 19 <sup>th</sup> 	<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)
TUESDAY 23 <sup>rd</sup> 	<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)
FRIDAY 26 <sup>th</sup> 	<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)
TUESDAY 30 <sup>th</sup> 	<b>Lilies on Brougham, Eltham</b> Delight in all that's on offer at this French inspired tearoom, gift shop and boutique nursery.	<b>\$15</b> (plus lunch)

## **BOROONDARA BLOKES – NOVEMBER TRIPS**

MONDAY 15 <sup>th</sup> 	<b>Customs House Hotel, Williamstown</b> Take a drive over to Williamstown for a two-course pub lunch, followed by a look around the foreshore sites.	<b>\$37</b> (all inclusive)
MONDAY 29 <sup>th</sup> 	<b>Men's Shed and Lunch</b> We'll pick you up for a 3 course hot lunch at the Canterbury Centre, followed by a hands-on session in the afternoon turning historic 100-year-old local gum into a chopping board to take home.	<b>\$25</b> (all inclusive)

### **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.**

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