

December 2021

STAYING CONNECTED

WITH YOUR COMMUNITY

- HEALTH & WELLBEING
- PUZZLES & TRIVIA
- SERVICES



Christmas - LUNCH -

EAT * DRINK AND BE MERRY

Join us at one of our three Christmas lunches for an afternoon of fun and festivities with all the traditional specials including turkey, ham, Christmas pudding and drinks!



Tuesday 12.15pm
14th December
Canterbury Centre



Thursday 12.15pm
16th December
Marwal Centre



Saturday 12.00pm
25th December
Faversham House

\$30

Transport available.

Please book and pay by
Friday 10th December. 9880

4709 or

socialsupport@basscare.org.au

DECEMBER WEEKLY SOCIAL ACTIVITY PROGRAMS & SERVICES



DECEMBER 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**
Tuesday with Anne – last session 21st Dec.
Wednesday with Bob – last session 22nd Dec.
Thursday with Sue – last session 23rd Dec.
Thursday with Matt – last session 23rd Dec.

Brain Games Interactive learning and puzzles. **\$5**
Mondays – last session 13th Dec.

Learn, Laugh & Lunch Guest speakers and presentations on a wide variety of topics (contact reception). Last session 15th Dec.

Art and Craft Groups Get creative with pottery, painting, knitting and much more! **\$5 – \$15**
Art Class – last session 17th Dec.
Craft – last session TBA.
Pottery – last session TBA.

BC Connected
 One-to-one help with technology **FREE**
 Last session 17th Dec.

Movies Join us for a variety of new and classic movies on Wednesday afternoons 1.30pm **\$5**
 Last session 8th Dec.

Allied Health & Hairdressing Services

- **Podiatry** – Fortnightly at Canterbury and Marwal Centres – Starting from **\$12**. Last session 20th Dec. (Canterbury).
- **Exercise Physiology** – One to one sessions with a qualified and experienced instructor – Starting from \$20. Last session 23rd Dec.
- **Hairdressing** – Fortnightly at Canterbury and Marwal Centres. Cuts starting from \$25 (Men) & \$30 (Ladies). Booking required. Last session 17th Dec. (Marwal).

Community Dining & Meals on Wheels

Three course meal at Canterbury Centre
 Monday – Wednesday **\$12**, Sunday **\$15**,
 Last session 19th Dec.

Three course meal at Marwal Centre
 Thursday **\$12**. Last session 16th Dec.

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

Community Transport

Transport is available to our group programs and activities. 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

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.

EDITORIAL

It has been fantastic to see so many of you resuming activities during November! We would like to thank you for your continued cooperation in making sure we follow the necessary COVID safe requirements at our Community Centres.

As we look to wind up 2021 with a bang, we will be holding our special Christmas themed lunches. We will be taking a short break from some of our activities over the Christmas and New Year period with the last day for the majority of programs being Friday 17th of December. Some limited exercise programs and dining will continue until we fully reopen again on Monday January 10th. You will find the last 2021 dates for your favourite programs listed below.

From everyone here at BASScare community services, we wish you and your family a safe and happy Christmas and we look forward to bigger and better things for the New Year!

Tom Edwards

Centre Manager Social Support

Music for Wellbeing Christmas Special!

with Dr Christina Green, music therapist,
performing songwriter
and composer.



3.15 – 4.30pm

Thursday 16th December

Maranoa Club,

6 Faversham Rd, Canterbury

Bookings essential on 9880 4709

Gold coin donation.

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



MOVIES at Canterbury Centre

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

- **1st December** **10.30am MORNING MOVIE MAGIC! Dream Horse** (2020)
an inspirational feel-good movie about a racehorse born to win.
Special morning screening 10.30am – complimentary coffee and ice cream.
- **8th December** **News of the World** (2021) Civil War Veteran (Tom Hanks) makes a perilous journey to deliver an orphaned girl to a new home.



CARDS

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

1.30pm Thursday 9th December

Canterbury Centre, 2 Rochester Road

Gold coin donation.

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

Enjoy a delicious 3 course lunch beforehand for \$12



Explore Bus Trips **December**




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 3rd 	Kinglake Pub Nestled in the gateway to the majestic Kinglake National Park, this cosy pub offers friendly service and classic pub fare.	\$15 (plus lunch)
TUESDAY 7th 	Noojee Hotel Come for scenic drive to the former timber town of Noojee on the banks of the Latrobe River. Enjoy lunch on the balcony overlooking the river and the peaceful bushland beyond.	\$15 (plus lunch)
FRIDAY 10th 	Lady Lavender's Tea Room Enjoy a delicious lunch or Devonshire Tea at this quaint tearoom, followed by a wander through the gift shop, nursery and picturesque country garden.	\$15 (plus lunch)
TUESDAY 14th 	Crackerjack Beachfront Café, Seaford Enjoy a tasty meal with bay views followed by a stroll on the beach.	\$15 (plus lunch)
FRIDAY 17th 	Paradise Valley Hotel Experience the sights and sounds of the bush while enjoying a classic pub lunch in the heart of the Dandenong Ranges.	\$15 (plus lunch)

BOROONDARA BLOKES – NOVEMBER TRIPS

MONDAY 13th 	Olinda Creek Hotel Join Rick and Rod for a scenic drive up to the Dandenongs where you'll enjoy a pub lunch and chat with the blokes.	\$15 (plus lunch)
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We look forward to bringing you more wonderful bus trips to enjoy together in the New Year.

See you in 2022

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.