

January/February 2022

STAYING CONNECTED

WITH YOUR COMMUNITY

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

Jointly presented by

BASScare and **Melbourne Recital Centre**

Music Always

with **Jackie Bornstein Trio**

Join us for the rich tones and powerful energy of one of Melbourne's most captivating singers as she performs her interpretations of jazz classics

10.45am Friday
4th February

Canterbury Centre
2 Rochester Road,
Canterbury

**FREE
MUSIC
CONCERT**

Seats
Limited
**BOOK
NOW!**

Stay afterwards for a **NEW YEAR LUNCH**

Join us for a 3-course lunch & drinks to kick off the New Year in style on this fun filled Friday! **Cost: \$20** from 12.00pm – 1.30pm

BOOKINGS ESSENTIAL Please book & pay by Friday 28th January
Transport: \$5 each way (booking required and conditions apply)

BASS BUILDERS

PAGE
4

**Woodworking
Workshop**

Exercise Programs 2022

PAGE
6

MOVEMENT & MUSIC

PAGE
3

SOCIAL ACTIVITY Programs & Services

JANUARY/FEBRUARY 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 – returns 11th Jan

Wednesday with Bob – returns 12th Jan

Thursday with Sue – returns 13th Jan

Thursday with Matt – returns 6th Jan

Brain Games Interactive learning and puzzles. **\$5**

Mondays – returns 31st Jan

Learn, Laugh & Lunch Guest speakers and presentations on a wide variety of topics (contact reception). **Returns 12th Jan**

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

Returns 12th Jan

Art and Craft Groups Get creative with pottery, painting, knitting and much more! **\$5 – \$15**

Art Class – returns 14th Jan

Craft – returns 9th Feb

Pottery – dates TBA.

BC Connected

One-to-one help with technology **FREE**

Returns 18th Jan

Games & Cards A fun filled afternoon of cards and board games. **Gold coin donation.**

Returns 10th Feb

Music for Wellbeing with Dr Christina Green, music therapist, performing songwriter and composer, at Maranoa Club. **Gold coin donation.**

Returns 17th Feb

Allied Health & Hairdressing Services

- **Podiatry** – Fortnightly at Canterbury and Marwal Centres – Starting from **\$12.**
Returns 7th Jan
- **Exercise Physiology** – One to one sessions with a qualified and experienced instructor – Starting from \$20. **Returns 6th Jan**
- **Hairdressing** – Fortnightly at Canterbury and Marwal Centres. Cuts starting from \$25 (Men) & \$30 (Ladies). Booking required.
Returns 7th Jan

Community Dining & Meals on Wheels

Three course meal at Canterbury Centre

Monday – Wednesday **\$12**, Sunday **\$15**,
Returns 10th Jan

Three course meal at Marwal Centre

Thursday **\$12. Returns 3rd Feb**

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.

Returns 11th Jan

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



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.

The bi-monthly newsletter is back!
And so is the start of the 2022 year.

This is my last contribution to the BASScare newsletter as I am leaving in early February, to approach my 70's with the gusto you have shown.

Ten years ago when I joined BASScare, there were fewer buses, less contact with the Australian Government Department of Health, a history of regular outings to interesting places, less music, fewer forms to complete, no thought of a pandemic, fewer exercise classes, and many different staff and clients. BASScare has grown from its community roots to the much larger organisation it is now, with Hester and Morgan Glen Iris, and with a broadening resource base. The Canterbury Centre has been spruced up, and has a younger more technologically

able staff. We've collaborated with many organisations, educational and social programs have blossomed.

I have worked closely with Tom Edwards for the last twelve months. I welcomed the opportunity to work part-time and together Tom and I found our way through the changing maze of restrictions and responses to living with COVID.

So as I confidently leave BASScare in very good hands, I thank you all for your insights into ways of doing, thinking and feeling our way into a healthier older age.

I wish you all well for the coming year, and hope the activities in this issue whet your appetite for the new and different programs in store as the year unfolds.

MOVEMENT & MUSIC

Dust off your dancing shoes, something new & exciting is starting in February for a limited time!

Your introductory classes will include lively styles such as rock 'n' roll to smooth styles of dance such as foxtrot and rumba. This beginner friendly program is for anyone who enjoys music and moving with either a dance partner or solo.

The program is a collaboration by professional dance teachers and an exercise physiologist to provide you a safe, fun and engaging class with an emphasis on feeling good & moving your body.

Hooman Ebadi, a very patient, knowledgeable & fun instructor, will lead the class. He has won National Championships in Latina American styles & performed around the world. Hooman has been a full time dance teacher since 2003, teaching professional



performers to first time dancers & runs a dance program for people with Parkinson's disease. He has a particular interest in developing movement in numerous ways & using dance as a therapy for physical improvement or to improve the quality of life of his students.

Thursdays 1.30pm
17th February – 17th March

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

Cost: \$12 (First Attendance Free!)

Bookings essential 9880 4709

Transport: \$5 each way (booking required)

Explore Bus Trips **January**




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

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

FRIDAY 14th 	Tyabb Packing House Come and explore over 5000 m2 of antiques, books and bric a brac on the Mornington Peninsula. After a browse, enjoy a tasty lunch at the onsite café.	\$15 (plus lunch)
TUESDAY 18th 	The Cove Hotel, Patterson Lakes Enjoy lunch on the deck overlooking the marina at this stylish modern pub.	\$15 (plus lunch)
FRIDAY 21st 	Pig & Whistle Tavern, Olinda Join us for a hearty lunch at this traditional English tavern in the picturesque Dandenong Ranges.	\$15 (plus lunch)
TUESDAY 25th 	Growling Frog Golf Club This BASScare favourite offers tasty meals overlooking the rolling greens.	 \$15 (plus lunch)
FRIDAY 28th 	Kuranga Native Nursery, Mt Evelyn – <i>Active Trip!</i> Explore our country's beautiful and diverse native flora at this tranquil nursery then enjoy a scrumptious café lunch on the verandah overlooking Olinda Creek. <i>(NOTE – gravel paths and sloping ground.)</i>	\$15 (plus lunch)

BOROONDARA BLOKES – JANUARY TRIPS

MONDAY 24th 	San Remo Join Rick and the blokes for a scenic drive down to Phillip Island where we will enjoy fish & chips at San Remo Fisherman's Co-op.	 \$15 (plus lunch)
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BASS BUILDERS

Woodworking Workshop

We'll pick you up for a 3 course lunch at the Canterbury Centre before you join Rod for a special wood working session turning historic 100-year-old local gum into a chopping board to take home.

Monday 7th February

Lunch 12.30pm, Workshop 1.30pm – 3.30pm

Canterbury Centre, 2 Rochester Rd, Canterbury

Bookings essential 9880 4709

Cost: \$20 all inclusive






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

TUESDAY 1st 	North Point Café, Brighton Enjoy a tasty lunch at his popular café. Afterwards, take a stroll along the beach opposite.	\$15 (plus lunch)
FRIDAY 4th 	Panton Hill Hotel, Panton Hill This charming country pub serves up tasty classics in an idyllic setting.	\$15 (plus lunch)
TUESDAY 8th 	Gardenworld, Braeside Join us as we explore this unique horticultural experience – covering 3.5 hectares of plants, landscaping and gifts including bonsai, cacti, fossils and orchids. Lunch at the onsite café.	\$15 (plus lunch)
FRIDAY 11th 	Fortnums, Sassafras This gorgeous conservatory-style restaurant is set among picturesque gardens in the heart of the Dandenong Ranges.	 \$15 (plus lunch)
TUESDAY 15th 	Customs House Hotel, Williamstown Enjoy lunch, then take a stroll down the pier, explore the shops or find a shady spot in the park and admire the bay view.	\$15 (plus lunch)
FRIDAY 18th 	Ricketts Point Tea House, Beaumaris Join us for a tasty lunch on the outdoor terrace then enjoy a beachside stroll where we may catch sight of pelicans, dolphins or black swans.	\$15 (plus lunch)
TUESDAY 22nd 	Stonehouse Café, Warrandyte Enjoy lunch on the balcony overlooking bushland at this picturesque stone-walled café and gift shop.	\$15 (plus lunch)
FRIDAY 25th 	RACV Club, Healesville Come for a scenic drive through the Yarra Valley to enjoy lunch at the Terrace Restaurant with a creative menu featuring fresh local produce.	\$15 (plus lunch)

BOROONDARA BLOKES – FEBRUARY TRIPS

MONDAY 21st 	Olinda Creek Hotel, Lilydale Join Rod for a bistro meal and chat at this lovely relaxed hotel.	\$15 (plus lunch)
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More exercise sessions & **NEW PROGRAMS**

AVAILABLE IN 2022!

A new year brings new opportunities and now is the perfect time to get moving again. We are excited to expand our exercise offerings.

Events of the last two years have led many people to live a more sedentary lifestyle. Closures of active social groups, reduced incidental activity such as walking at the shops and staying indoors has challenged our fitness and motivation to keep moving. The long-term effect can have significant consequences on our health and lead to deconditioning, including muscle weakness, decreased balance and an increased risk of falls.

Are you finding things you previously did are more challenging now? Have you felt unsteady on your feet or more easily fatigued? These are signs of deconditioning.

Regular physical activity is the best way to keep strong, healthy and on your feet. Exercise can combat against the effects of deconditioning by improving strength, balance and cardiovascular fitness. The Australian physical activity guidelines promote accumulating at least 150 minutes of physical activity and at least two resistance training sessions per week.

EXERCISE PHYSIOLOGY

returns **Thursday 6th January**

One-to-one sessions with an experienced professional. Face to face & telehealth options available.

Available Tuesday, Thursday & Friday.
Places are limited & bookings essential.

in addition to our
Group Exercise Classes we offer

- Exercise Physiology
- Falls Prevention
- Telehealth

**Book
Today**



FALLS PREVENTION

12 weeks of classes, educational sessions, complemented by home exercises & detailed pre & post course assessment.

Assessments from: 15th of February

Class dates: 1st March – 17th of May

Cost: \$200* (Conditions apply – CHSP)

TELEHEALTH

begins **Friday 14th January**

If you prefer to stay indoors to exercise in the comfort of your home, our online telehealth program, led live by an exercise physiologist, is a great option for you!

We understand the idea of learning a new technology can be daunting however have no fear! We can guide you through getting started. In most cases, attending is as simple as clicking on a link.

Group sessions available on Friday's.
One-on-one Exercise Physiologist sessions available throughout the week.

Bookings/enquiries: 9880 4709 or email m.azzopardi@basscare.org.au
Transport: \$5 each way (booking required)

CONNECT

TO

SPECIAL SESSION

We welcome you to join us for a reflection and sharing session focused around meaning, purpose and connectedness. Vicki will explore the relationship with wellbeing, spirituality and the connections to self, others and the world around us.

1.30pm Tuesday
22nd February

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

Bookings essential 9880 4709

Transport: \$5 each way (booking required)

FREE

Live Again. Love Again.
June Again

MY NAME IS
Gulpilil



PICK OF THE LITTER

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

MORNING MOVIE MAGIC!

- **January 12th** **June Again** (2020) A heartfelt Australian comedy where a twist of fate gives family matriarch June (Noni Hazlehurst) a reprieve from a debilitating illness.
Special morning screening 10.30am – complimentary coffee and ice cream.
- **January 19th** **My Name is Gulpilil** (2021) In his final film, the late great Australian actor David Dalaithngu faces his extraordinary, dizzying past and, staring down death, his own, mortal future.
- **February 2nd** **Pick of the Litter** (2018) Documentary following five spirited puppies undergoing specialised training to become guide dogs.
- **February 9th** **Roxanne** (1987) A modern take on the classic play Cyrano de Bergerac; a lovelorn man with an enormous nose falls in love with the woman of his dreams.
- **February 16th** **Philomena** (2013) An ageing Irishwoman (Judi Dench) teams with a floundering journalist to find the son she was forced to give up for adoption 50 years ago.
- **February 23rd** **Peggy Sue got Married** (1986) A woman who's marriage is falling apart (Kathleen Turner), attends her high school reunion and is magically transported back in time to her high school.



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 is back!

**Join us for the March/April newsletter folding and mail out on Wednesday 23rd February at the Canterbury Centre, 2 Rochester Road, Canterbury.
Enjoy good company, plus a cuppa and cake from us as a thank you!**

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.