

March/April 2022

STAYING CONNECTED

WITH YOUR COMMUNITY

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

Dust off those dancing shoes
and come join the fun at our annual

Autumn Dance

Thursday **31st March**
11.30am - 2.30pm

BOOKINGS
ESSENTIAL

RSVP
& pay by
**23rd
March**

FEATURING
Live music
FROM **KATO**



Marwal Centre
9 Marwal Ave, Balwyn North

Cost: \$25 including a light lunch of antipasto, pizza & dessert.
Transport: \$5 each way (booking required & conditions apply).

MORNING MOVIE SPECIAL

**military
wives**

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**Didgeridoo, Ballads
and Song**
with **Geoff Walker**

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SOCIAL ACTIVITY Programs & Services

MARCH/APRIL 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

Wednesday with Bob

Thursday with Sue

Thursday with Matt

Brain Games Interactive learning and puzzles .

Mondays **\$5**

Learn, Laugh & Lunch Guest speakers and presentations on a wide variety of topics (contact reception) **Wednesdays**

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

Wednesdays

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

Art Class – Fridays

Craft – Wednesdays

Pottery – Thursdays

BC Connected

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

Tuesdays / Thursdays / Fridays

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

March 10th & April 14th

Music for Wellbeing friendly singalongs with Dr Christina Green, music therapist at Maranoa Club.

Gold coin donation. March 17th & April 21st

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 – Wednesday **\$12**, Sunday **\$15**,

Three course meal at Marwal Centre

Thursday **\$12**.

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



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 MAR/APR with Tom Edwards, Centre Manager Social Support

After all the adaptations and changes over the last 2 years we now have a great opportunity to reconnect with you and let you know some of the exciting things we can do together in the months ahead.

I am proud to say that this bi-monthly calendar is the fullest it has been for some time! Along with the new and returning programs at the Marwal and Canterbury Centres, you will notice some new team members, volunteers and many opportunities to socialise with your local community. With a full book of programs and Melbourne's lovely autumn weather there has never been a better time to pay us a visit or give us a ring. We would love to see you!

There are a number of ways you can give your input into what BASScare offers – anything from program and outing suggestions, to the

newsletter design, what we serve for lunch... I encourage you to give us your suggestions and feedback on the cards at the centre or verbally to one of our friendly team members.

You can also do it any time online either by going to our website: <https://www.basscare.org.au/customer-feedback/> or alternatively, by scanning the following QR code on your smart device:



APRIL EVENTS

Canterbury Centre, 2 Rochester Rd, Canterbury

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

Easter

LUNCH

Join us for lunch on
Easter Sunday and enjoy
a lovely 3-course meal and
chocolate egg, or two!

Sunday
17th April
12.30pm

Cost:
**\$15 or
\$20**
with wine



SPECIAL PERFORMANCE

Didgeridoo, Ballads & Song with Geoff Walker

Join Geoff for a unique and special performance whilst he shows off a variety of didgeridoos as well as reciting a collection of Banjo Paterson ballads and Australian themed songs!

Wednesday
6th April
10.45am
for 11:00am start

Cost: Gold Coin donation





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

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

TUESDAY 1st 	Cardinia Club, Pakenham Enjoy a drink and tasty bistro lunch then stay for a chat or try your luck in the gaming lounge.	\$15 (plus lunch)
FRIDAY 4th 	The Lume Exhibition See Vincent Van Gogh's artwork like never before in this awe-inspiring immersive and multi-sensory digital art gallery. We'll then get lunch at the onsite café.	 \$51 (plus lunch)
TUESDAY 8th 	Kingston Art Centre – 'Songstress' Join us for a cabaret performance of 'SONGSTRESS – Songs by the world's greatest chanteuses' to celebrate International Women's Day. *NOTE: Pick-up between 8.45am – 9.15am	\$30 (includes morning tea)
FRIDAY 11th 	Yarra Valley Gateway Estate Take a wander through the greenhouses growing capsicum, basil and strawberries, then browse the gourmet farm shop and grab a bite at the onsite café.	\$15 (plus lunch)
TUESDAY 15th 	Bay Road Nursery, Sandringham Come and explore the nursery and gift shop then enjoy lunch at the onsite café.	\$15 (plus lunch)
FRIDAY 18th 	Canadian Bay Hotel Enjoy a delicious meal then browse the shops in Mt Eliza village.	\$15 (plus lunch)
TUESDAY 22nd 	Italian Sports Club, Werribee Enjoy lunch and a flutter at this Basscare favourite.	\$15 (plus lunch)
FRIDAY 25th 	Royal Botanic Gardens, Cranbourne – Active Trip! Take in the wonders of our unique native landscape on an open-air bus tour through the Australian Garden. Followed by lunch and a chat or a stroll.	 \$23 (plus lunch)
TUESDAY 29th 	JBJs Bistro, Taylor's Lakes Sample the huge Seniors menu at this popular venue.	\$15 (plus lunch)

BOROONDARA BLOKES – MARCH TRIPS

MONDAY 7th 	Eltham Hotel	\$15 (plus lunch)
MONDAY 21st 	Steeple, Mornington	\$15 (plus lunch)



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

FRIDAY 1 st 	Eltham Hotel Enjoy lunch at this friendly pub, then explore the local shops, have a flutter or grab a drink on the leafy terrace	\$15 (plus lunch)
TUESDAY 5 th 	Caulfield RSL This picturesque venue in Elsternwick serves great food in a friendly and relaxed environment.	\$15 (plus lunch)
FRIDAY 8 th 	Explore Healesville Enjoy the colours of autumn on our drive to Healesville. Grab a tasty snack from the Beechworth Bakery, then browse the galleries and shops in the township.	\$15 (plus lunch)
TUESDAY 12 th 	Dava Hotel Situated on the Esplanade, this Mt Martha favourite serves all the pub classics.	\$15 (plus lunch)
TUESDAY 19 th 	Diamond Creek Hotel Join us for a classic pub meal in leafy Diamond Creek.	\$15 (plus lunch)
FRIDAY 22 nd 	'ANZAC & Vietnam Vets' Stage Show You won't want to miss this all-star production featuring hit songs and stories from World War II and the Vietnam War, performed in front of a backdrop of incredible images on the big screen. Followed by a delicious 2 course meal at the Frankston Art Centre. *NOTE: Pick-up between 9am – 9.30am	\$60 (includes lunch)
TUESDAY 26 th 	Old England Hotel Enjoy a drink and bistro lunch at this classic pub in Heidelberg, which features historical photos and artwork from Heidelberg School of Arts in the foyer.	\$15 (plus lunch)
FRIDAY 29 th 	Micawber Tavern, Belgrave Join us for a drive through the picturesque Dandenong Ranges followed by a hearty lunch at this friendly, old-school tavern.	\$15 (plus lunch)

BOROONDARA BLOKES – APRIL TRIPS

MONDAY 4 th 	Greyhounds Entertainment, Springvale	\$15 (plus lunch)
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\$15
1ST SESSION
FREE

Book Today

Monday 28th March
Workshop 1.30pm – 3.30pm
Canterbury Centre,
2 Rochester Rd, Canterbury
Bookings essential 9880 4709
Lunch at 12.30pm: \$12.
Transport: \$5 each way (booking required)

EXERCISE overview

Programs available to suit individuals or small groups for a range of fitness levels.

Book
Today



EXERCISE PHYSIOLOGY

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

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

FALLS PREVENTION

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

Register your interest now for July 2022!

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

TELEHEALTH

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)

MOVEMENT & MUSIC

Only a few weeks left to step out onto the dance floor with our Movement & Music program at Marwal!

We'll cover lively styles such as rock n roll to smooth styles of dance such as foxtrot and rumba. All dancing abilities welcome with either a dance partner or solo.



Limited
sessions
remaining

Thursdays 1.30pm
until 17th March

Marwal Centre, 9 Marwal Ave, Balwyn North Cost: \$12 (First dance Free!)
Bookings essential 9880 4709 Transport: \$5 each way (booking required)

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 medium such as paint, watercolours and pencils and is ready to support and nurture 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



MORNING MOVIE SPECIAL

INSPIRED BY TRUE EVENTS
military wives
UNITED THEY SING

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

- **March 2nd** **Brooklyn** (2015) An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local but is torn between two countries.

MORNING MOVIE MAGIC! *Special morning screening 10.30am – complimentary coffee and ice cream.*

- **March 9th** **Military Wives** (2019) This feel-good comedy/drama follows a group of women in England whose partners are away serving in Afghanistan.
- **March 16th** **Wide Open Sky** (2015) Uplifting documentary about a children's choir in a remote corner of outback Australia.
- **March 23rd** **The Terminal** (2004) Tom Hanks plays a man from a worn-torn European country, who is stranded at JFK airport for nine months.
- **March 30th** **Becoming Jane** (2007) A biographical portrait of a feisty 20 year old Jane Austen and her romance with a young, middle class Irishman.
- **April 6th** **Storm Boy** (1976) Set on the lonely and beautiful Coorong coast, a young boy roams with his pet pelican, and his secret Aboriginal friend Fishbone.
- **April 13th** **The Reader** (2008) A teen in post-war Germany falls in love with an older woman. They meet years later when she goes on trial for being a Nazi guard.
- **April 20th** **A Gift for Bob** (2020) A struggling street musician finds himself the target of an animal welfare investigation that threatens to take away his beloved cat at Christmas.
- **April 27th** **Top End Wedding** (2019) Romantic comedy set in the Northern Territory.



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 May/June newsletter folding and mail out on Wednesday 27th April 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.