## BASSCare

All activities, groups and lunch are at Canterbury Centre unless otherwise stated. Bookings Essential 9880 4709

	DOORINGS LSS	ential 9880 4709			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT SUN
31	1	2	3	4	5 6
	Day TripCardinia Club9:45amExercise Physiology10.00amExercise Class (*N)11.15amExercise Class (*N)12.30pmLunch1.30pmBC-Connected – Tech Help1.30pmFalls Prevention Class	10.00amExercise Class (*I)10.30amLearn Laugh & Lunch Group12.30pmLunch1.30pmCraft1.30pmMovie	10.00amExercise Class (*A)10.00amExercise Class (*I) (Marwal)11.00amExercise Class (*I) (Marwal)12.00pmLunch (Marwal)1.30pmBC-Connected - Tech Help1.30pmMusic and Movement (Marwal)2.00pmExercise Physiology2.00pmPottery	Day TripThe Lume Exhibition9.00amHairdresser (Marwal)9.00amPodiatry10.00amTelehealth Exercise Class11.00amExercise Physiology1.30pmArt Class1.30pmBC-Connected – Tech Help	12.30pm Lunch
7	8	9	10	11	12 13
Day TripBoroondara Blokes Eltham Hotel10.30amNorth Balwyn Seniors – Social Meeting & Music 	Day TripKingston Art Centre9:45amExercise Physiology10.00amExercise Class (*N)11.15amExercise Class (*N)12.30pmLunch1.30pmBC-Connected – Tech Help1.30pmFalls Prevention Class	10.00amExercise Class (*I)10.30amLearn Laugh & Lunch Group10.30amMorning Movie 'Military Wives'12.30pmLunch Craft	10.00amExercise Class (*A)10.00amExercise Class (*I) (Marwal)11.00amExercise Class (*I) (Marwal)12.00pmLunch (Marwal)1.30pmBC-Connected - Tech Help1.30pmGames and Cards1.30pmMusic and Movement (Marwal)2.00pmExercise Physiology2.00pmPottery	Day TripYarra Valley Gateway Estate9.00amHairdresser9.00amPodiatry (Marwal)10.00amTelehealth Exercise Class11.00amExercise Physiology1.30pmArt Class1.30pmBC-Connected – Tech Help	12.30pm Lunch
14	15	16	17	18	19 20
<b>OFFICE CLOSED</b> <b>LABOUR DAY</b> Public Holiday	Day TripBay Road Nursery9:45amExercise Physiology10.00amExercise Class (*N)11.15amExercise Class (*N)12.30pmLunch1.30pmBC-Connected – Tech Help1.30pmFalls Prevention Class	10.00amExercise Class (*I)10.30amLearn Laugh & Lunch Group12.30pmLunch1.30pmCraft1.30pmMovie	10.00amExercise Class (*A)10.00amExercise Class (*I) (Marwal)11.00amExercise Class (*I) (Marwal)12.00pmLunch (Marwal)1.30pmBC-Connected - Tech Help1.30pmMusic & Movement (Marwal)2.00pmExercise Physiology2.00pmPottery3.15pmMusic for Wellbeing (Maranoa)	Day TripCanadian Bay Hotel9.00amHairdresser (Marwal)9.00amPodiatry10.00amTelehealth Exercise Class11.00amExercise Physiology1.30pmArt Class1.30pmBC-Connected – Tech Help	12.30pm Lunch
21	22	23	24	25	26 27
Day TripBoroondara Blokes Steeples Mornington10.30amNorth Balwyn Seniors – Social Meeting & Music (Marwal)12.30pmLunch Brain Games	Day TripItalian Sports Club9:45amExercise Physiology10.00amExercise Class (*N)11.15amExercise Class (*N)12.30pmLunch1.30pmBC-Connected – Tech Help1.30pmFalls Prevention Class	10.00amExercise Class (*I)10.30amLearn Laugh & Lunch Group12.30pmLunch1.30pmCraft1.30pmMovie	10.00amExercise Class (*A)10.00amExercise Class (*I) (Marwal)11.00amExercise Class (*I) (Marwal)12.00pmLunch (Marwal)1.30pmBC-Connected – Tech Help2.00pmExercise Physiology2.00pmPottery	Day TripRoyal Botanic Gardens, Cranbourne9.00amHairdresser9.00amPodiatry (Marwal)10.00amTelehealth Exercise Class11.00amExercise Physiology1.30pmArt Class1.30pmBC-Connected – Tech Help	12.30pm Lunch
28	29	30	31		
<ul> <li>10.30am North Balwyn Seniors – Social Meeting &amp; Music (Marwal)</li> <li>12.30pm Lunch</li> <li>1.30pm Brain Games</li> <li>1.30pm BASS Builders</li> </ul>	Day TripJBJ's Bistro9:45amExercise Physiology10.00amExercise Class (*N)11.15amExercise Class (*N)12.30pmLunch1.30pmBC-Connected – Tech Help1.30pmFalls Prevention Class	10.00amExercise Class (*I)10.30amLearn Laugh & Lunch Group12.30pmLunch1.30pmCraft1.30pmMovie	10.00amExercise Class (*A)10.00amExercise Class (*I) (Marwal)11.30amAutumn Dance (Marwal)1.30pmBC-Connected – Tech Help2.00pmExercise Physiology2.00pmPottery	Bookings Essential for all actExercise Classes*Novice = (*N)Intermediate = (*I)Med with Bob McQThurs with MatthewAdvanced = (*A)	her, uillen, v Azzopardi

Canterbury Centre, 2 Rochester Road, Canterbury.

Marwal Centre, 9 Marwal Avenue, Balwyn North.

Maranoa Club, 6 Faversham Road, Canterbury.

MARCH 2022



	ASSC	are	All activities, Canterbury C Bookings Essen	groups and lunch are at Centre unless otherwise Itial 9880 4709	stated.	Canterbury Centre, 2 Rochester Road, Canterbury.	Marwal Centre, 9 Marwal Avenue, Balwyn North.	Maranoa Club, 6 Faversham Road, Canterbury.		PRIL 022
MONDA	Y	TUESDA	Y	WEDNESDAY	THURSDAY	Y	FRIDAY		SAT	SUN
							1		2	3
B	ookings Essential for all activities <b>9880 4709</b>		Exercise Classes*	Intermediate = (*I) We Thu	s with Anne Fishe d with Bob McQui rs with Matthew rs with Sue McQu	llen, Azzopardi	9.00am H 9.00am P 10.00am T 11.00am E 1.30pm A	Itham Hotel airdresser (Marwal) odiatry elehealth Exercise Class xercise Physiology rt Class C-Connected – Tech Help		12.30pm Lunch
4		5		6	7		8		9	10
<b>Day Trip</b> 10.30am 12.30pm 1.30pm	Greyhounds Entertainment North Balwyn Seniors – Social Meeting & Music (Marwal) Lunch Brain Games	<b>Day Trip</b> 9:45am 10.00am 11.15am 12.30pm 1.30pm	Caulfield RSL Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected – Tech Help Falls Prevention Class	10.00amExercise Class (*I)10.30amLearn Laugh & Lunch Group10.45amDidgeridoo & Ballads12.30pmLunch1.30pmCraft1.30pmMovie	10.00am 10.00am 11.00am 12.00pm 1.30pm 2.00pm 2.00pm	Exercise Class (*A) Exercise Class (*I) (Marwal) Exercise Class (*I) (Marwal) Lunch (Marwal) BC-Connected — Tech Hel Exercise Physiology Pottery	9.00am H 9.00am P 10.00am T 11.00am E 1.30pm A	ealesville airdresser odiatry (Marwal) elehealth Exercise Class xercise Physiology rt Class C-Connected — Tech Help		12.30pm Lunch
11		12		13	14		15		16	17
10.30am 12.30pm 1.30pm	North Balwyn Seniors – Social Meeting & Music (Marwal) Lunch Brain Games	<b>Day Trip</b> 9:45am 10.00am 11.15am 12.30pm 1.30pm	Dava Hotel Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected – Tech Help Falls Prevention Class	10.00amExercise Class (*l)10.30amLearn Laugh & Lunch Group12.30pmLunch1.30pmCraft1.30pmMovie	10.00am 10.00am 11.00am 12.00pm 1.30pm 2.00pm 2.00pm	Exercise Class (*A) Exercise Class (*I) (Marwal) Exercise Class (*I) (Marwal) Lunch (Marwal) BC-Connected — Tech Hel Games and Cards Exercise Physiology Pottery	p G	FICE CLOSED OOD FRIDAY Public Holiday		12.30pm EASTER SUNDAY Lunch
18		19		20	21		22		23	24
C E/	OFFICE CLOSED ASTER MONDAY Public Holiday	<b>Day Trip</b> 9:45am 10.00am 11.15am 12.30pm 1.30pm	Diamond Creek Hotel Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected – Tech Help Falls Prevention Class	10.00amExercise Class (*I)10.30amLearn Laugh & Lunch Group12.30pmLunch1.30pmCraft1.30pmMovie	10.00am 10.00am 11.00am 12.00pm 1.30pm 2.00pm 2.00pm <b>3.15pm</b>	Exercise Class (*A) Exercise Class (*I) (Marwal) Exercise Class (*I) (Marwal) Lunch (Marwal) BC-Connected — Tech Hel Exercise Physiology Pottery Music for Wellbeing (Maran	9.00am H 9.00am P 10.00am T 11.00am E 1.30pm A 1.30pm B	NZAC Stage Show airdresser odiatry (Marwal) elehealth Exercise Class xercise Physiology rt Class C-Connected — Tech Help		12.30pm Lunch
25		26		27	28		29		30	1
C	OFFICE CLOSED ANZACDAY Public Holiday	<b>Day Trip</b> 9:45am 10.00am 11.15am 12.30pm 1.30pm	Old England Hotel Exercise Physiology Exercise Class (*N) Exercise Class (*N) Lunch BC-Connected – Tech Help Falls Prevention Class	10.00amExercise Class (*I)10.30amLearn Laugh & Lunch Group12.30pmLunch1.30pmCraft1.30pmMail Out Working Bee	10.00am 10.00am 11.00am 12.00pm 1.30pm 2.00pm 2.00pm	Exercise Class (*A) Exercise Class (*I) (Marwal) Exercise Class (*I) (Marwal) Lunch (Marwal) BC-Connected – Tech Hel Exercise Physiology Pottery	9.00am H 9.00am P 10.00am T 11.00am E 1.30pm A	licawber Tavern airdresser (Marwal) odiatry (Marwal) elehealth Exercise Class xercise Physiology rt Class C-Connected — Tech Help		