

May/June 2022

STAYING CONNECTED

WITH YOUR COMMUNITY

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



Music Always with Wattleseed Ensemble

Presented in conjunction with

**MELBOURNE
RECITAL
CENTRE**

FREE
concert
from this
Baroque String
Trio

**Bookings
Essential**
Call to register

Let Wattleseed Ensemble take you on a journey around the world, and through time. 'HOME' is a concert for baroque string trio, and begins a millennium ago before we travel through music by JS Bach and Corelli, to traditional music from Scotland and Scandinavia.

Wednesday **18th May** 10.45am for 11.00am start

Canterbury Centre, 2 Rochester Rd, Canterbury

Stay for a delicious 3 course Lunch at 12.30pm, \$15 Transport: \$5 each way (bookings essential)

MOTHER'S DAY MORNING
MOVIE SPECIAL

THE
LADY IN THE VAN

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**design
today**

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Wiser Driver Program

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SOCIAL ACTIVITY Programs & Services

MAY / JUNE 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 Imali
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 – Mondays

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.**

Thursday 12th May & 9th June

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

Gold coin. Thursday 19th May & 16th June

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**.

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 MAY/JUNE with Tom Edwards, Centre Manager Social Support

BASScare's Community Services are all about supporting you whilst living at home and giving you the best opportunity to fully participate in the community. After 60 years of serving our community, we want to continue to make sure we are meeting your changing needs and interests.

Following on from last edition's request for feedback, I'd like to invite you to join me for a face-to-face meeting to share your suggestions, feedback and help co-design future activities and services.

The first session will be on Thursday the 19th of May at 11am at the Canterbury Centre, with a complimentary morning tea provided.

Please call 9880 4709 to register your interest or leave your details if you're unable to attend but would like to be involved.

This May-June there is plenty happening, especially if you're a fan of the arts! There is no ongoing commitment to any of our centre-based activities, including Art, Pottery and Craft where you're welcome to attend your first session free of charge.

Over the last couple of months, I had the pleasure of attending some fantastic events and programs. See below for some recent highlights.

Left to right: Outing to RACV Club Healesville, Autumn Dance, Bass Builders



Wiser Driver

Seniors' Road Safety Course



Presented by **BOROONDARA**

Are you an older driver who would like the opportunity to become a wiser driver by building upon your experience?

The course will cover challenges for older drivers, safety tips for wiser driving, up-to-date information on current road rules and planning for the future.

Canterbury Centre,
2 Rochester Rd, Canterbury
Bookings essential 9880 4709

FREE
4 week
program



Fridays
13th May – 3rd June
1.00 – 3.00pm

Join us for a FREE 4 WEEK comprehensive driver education program tailored to seniors



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

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

TUESDAY 3rd	Upper Yarra RSL, Yarra Junction Join us for all your pub favourites in lovely bushy surrounds.	\$15 (plus lunch)
FRIDAY 6th	The Settlement Hotel, Cranbourne Billed as 'The Newest Grand Old Hotel in Australia', The Settlement is full of replica old world Victorian charm, together with modern comforts and great food.	\$15 (plus lunch)
TUESDAY 10th	CERES Community Environment Park (Nursery & Café) Enjoy the green spaces, the community and their enterprises. Enjoy lunch at Merri's organic café, where they roast and sell local organic coffee which pairs beautifully with handmade baked treats from their oven.	\$15 (plus lunch)
FRIDAY 13th	Schwerkolt Cottage Museum tour – <i>Active Trip!</i> Explore our local colonial heritage on this guided tour of the historic Schwerkolt complex set in 2 hectares of bushland. Followed by lunch at a local café.	\$24 (plus lunch)
TUESDAY 17th	Chirnside Park Country Club Enjoy a drink and tasty bistro lunch then stay for a chat or try your luck in the gaming lounge.	\$15 (plus lunch)
FRIDAY 20th	'Songs of Judy Garland', Frankston Arts Centre Enjoy a delicious two course meal at the Frankston Arts Centre, followed by a cabaret performance featuring Olivier Award nominated Bernadette Robinson performing all of Judy's showstoppers!	\$60 (incl. lunch)
TUESDAY 24th	Yarra Valley Chocolaterie & Ice Creamery Come and explore the picturesque Yarra Valley where the spectacular Chocolaterie is an indulgent feast for the senses (free entry & free tastings). Lunch will be in the onsite café they sell a diverse assortment of goodies!	\$15 (plus lunch)
FRIDAY 27th	Kallista Tea Rooms This fabulous art deco café is a perfect lunch spot on an autumn day with its large windows, leafy surrounds and an open fire!	\$15 (plus lunch)
TUESDAY 31st	Knox Club Newly renovated, the Knox Club is a stylish venue with an extensive seniors' menu.	\$15 (plus lunch)

BOROONDARA BLOKES – MAY

MONDAY 2nd	Geelong Boathouse, for Fish & Chips	\$15 (plus lunch)
MONDAY 16th	Upper Yarra RSL, Yarra Junction	\$15 (plus lunch)
MONDAY 30th	Ambulance Museum, Bayswater followed by lunch at the Manhattan Hotel, Ringwood	\$15 (plus lunch)

Explore Bus Trips **June**



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

FRIDAY 3 rd 	Stella's Kitchen, Lysterfield Park Enjoy a scrumptious meal overlooking Lysterfield Park. The menu highlights season produce from the Montague orchard and there's a farm shop to take something home.	\$15 (plus lunch)
TUESDAY 7 th 	The Dandenong Ranges Botanic Garden The gardens are a unique setting for cool climate plants with breathtaking views over the Yarra Valley, with seasonal changes ensuring year round delight. Lunch at Café Vireya offers warm lunches and cakes through to Devonshire teas.	\$15 (plus lunch)
FRIDAY 10 th 	Panton Hill Hotel Welcome winter by the open fire at this cosy country pub serving hearty meals in a picturesque setting.	\$15 (plus lunch)
TUESDAY 14 th 	Wantirna Club This friendly venue is a great place for lunch and a chat. Or you can try your luck in the gaming room.	\$15 (plus lunch)
FRIDAY 17 th 	St Marina Restaurant, St Kilda Enjoy a tasty Mediterranean inspired meal overlooking the boats in the marina.	\$15 (plus lunch)
TUESDAY 21 st 	'Dear Doris ' Karralyka Centre, Ringwood Enjoy an intimate morning with acclaimed vocalist Tamara Kuldin and 8 piece jazz ensemble performing Doris Day's iconic hits. *NOTE: Pick-up between 8.45 – 9.30am	\$39 (includes morning tea)
FRIDAY 24 th 	Government House Tour Join us on a tour of Government House, the State Apartments and Kitchen Garden, led by the Governor's husband, Mr Anthony Howard AM QC. Followed by lunch at a local café. *NOTE: Pick-up at 8.30am!	\$15 (plus lunch)
TUESDAY 28 th 	Lunch @ Mitcham Hotel Enjoy lunch at a friendly and hearty pub in the heart of Mitcham. Mitcham Hotel is a favourite amongst locals and you'll be sure to enjoy yourself no matter what the occasion.	\$15 (plus lunch)

BOROONDARA BLOKES - JUNE TRIPS

MONDAY 27 th 	Terminus Hotel, Healesville	\$15 (plus lunch)
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BASS BUILDERS
Woodworking Workshop

\$15
1ST SESSION
FREE

Book Today

Monday 23rd May / 20th June

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)

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

design today

SPECIAL
PRESENTATION

CONTEMPORARY DESIGN

X UNUSUAL MATERIALS

X NEW TECHNIQUES

Join us for an enlightening morning reflecting on the role of design in our everyday world with our regular presenter Lee Emery.

Canterbury Centre, 2 Rochester Rd, Canterbury
Bookings essential. Call to register

Stay for a 3 course Lunch at 12.30pm, \$12

10.45am
Wednesday
15th June

BOOKINGS
ESSENTIAL
Call to register

Thursdays
2.00 - 4.30pm



First
Session
FREE!



Pottery and Ceramics

Ursula is a passionate facilitator of creative experiences. Over the course of her thirty years as a ceramic artist, she has worked with a variety of community organisations, schools and people of all ages and abilities.

Canterbury Centre, 2 Rochester Rd, Canterbury

Cost: \$15 includes the cost of materials (T&C's apply).

Transport: \$5 each way (bookings essential)

Therapeutic Art Making & Creative Connections for Seniors

Our art therapist, Eric Zhang will be guiding a series of freehand drawing and painting classes.

Call to book you FREE trial session.

Regular price: \$15 (incl. all materials)

Mondays 10.00am

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



New Day & Time! Bookings required 9880 4709



MOTHER'S DAY MORNING MOVIE SPECIAL

THE LADY IN THE VAN



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

- **May 4th** **On a Clear Day** (2005) Based on an inspiring true story of a middle-aged Scottish man who decides to salvage his self-esteem and tackle his demons by attempting the ultimate test of endurance – swimming the English Channel.

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

- **May 11th** **Lady in the Van** (2015) This uplifting film tells the true story of playwright Alan Bennett's (Alex Jennings) strained friendship with Miss Mary Shepherd (Dame Maggie Smith), an eccentric homeless woman.
- **May 18th** **Enola Holmes** (2021) Intrepid teen Enola Holmes uses her sleuthing skills to outsmart big brother Sherlock and help a runaway lord.
- **May 25th** **The Night We Called it a Day** (2003) Frank Sinatra and his entourage become virtual prisoners in their hotel after he insults a reporter during his 1974 Australian tour.
- **June 1st** **Wild Rose** (2018) A young Scottish woman, fresh out of prison, dreams of making it big in Nashville.
- **June 8th** **La Bamba** (1987) Biographic story of the meteoric rise of rock n roll singer Ritchie Valens, who died aged 17 in a plane crash with Buddy Holly.
- **June 15th** **An Accidental Soldier** (2013) An Australian soldier flees the carnage of the Western Front and finds refuge with a French woman in a remote farmhouse.
- **June 22nd** **Mr Church** (2016) A temporary personal chef and a terminally ill single mother form an unlikely bond that redefined the meaning of family.
- **June 29th** **Cliffy** (2013) The remarkable story of an Australian farmer who emerged as an unlikely sporting hero, winning a marathon and capturing the heart of a nation.



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 July / August newsletter folding and mail out on Wednesday 22nd June 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 or suggestions about the trips, activities or groups, please let us know. Feedback cards are available at reception or online at:

www.basscare.org.au/customer-feedback/

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.