## **BASS**Care

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

Canterbury Centre, 2 Rochester Road, Canterbury.

Marwal Centre, 9 Marwal Avenue, Balwyn North.

|  |   |  | Dookings Essential :  |         |  |   |  |  |  |                        |               |
|--|---|--|---|---------|--|---|--|--|--|------------------------|---------------|
| MONDA  | Y   | TUESDA   | Y   | WEDNE   | SDAY   | THURSDA   | λY   | FRIDAY   |  | SAT                    | SUN           |
| 25   |   | 26   |   | 27      |  | 28  |  | 29   |  | 30                     | 1             |
|  |   |  |   |         |  |   |  |  |  |                        | 12.30pm Lunch |
| 2  |   | 3  |   | 4       |  | 5   |  | 6  |  | 7                      | 8             |
| 10.30am  | Boroondara Blokes<br>Geelong Boathouse<br>Art Class<br>North Balwyn<br>Seniors Social &<br>Music (Marwal)<br>Lunch<br>Brain Games | <b>Day Trip</b><br>9:45am<br>10.00am<br>11.15am<br>12.30pm<br>1.30pm<br>1.30pm | Upper Yarra RSL<br>Exercise Physiology<br>Exercise Class (*N)<br>Exercise Class (*N)<br>Lunch<br>BC-Connected – Tech Help<br>Falls Prevention Class             |         | Exercise Class (*I)<br>Learn Laugh &<br>Lunch Group<br>Lunch<br>Craft<br>Movie                             | 10.00am<br>10.00am<br>11.00am<br>12.00pm<br>1.30pm<br>2.00pm<br>2.00pm                  | Exercise Class (*A)<br>Exercise Class (*I) (Marwal)<br>Exercise Class (*I) (Marwal)<br>Lunch (Marwal)<br>BC-Connected – Tech Help<br>Exercise Physiology<br>Pottery                                  | <b>Day Trip</b><br>9.00am<br>9.00am<br>10.00am<br>11.00am<br>1.30pm                  | The Settlement Hotel<br>Hairdresser<br>Podiatry (Marwal)<br>Telehealth Exercise Class<br>Exercise Physiology<br>BC-Connected –<br>Tech Help                  |                        | 12.30pm Lunch |
| 9  |   | 10   |   | 11      |  | 12  |  | 13   |  | 14                     | 15            |
| 10.00am<br>10.30am<br>12.30pm<br>1.30pm                    | Art Class<br>North Balwyn<br>Seniors Social &<br>Music (Marwal)<br>Lunch<br>Brain Games   | <b>Day Trip</b><br>9:45am<br>10.00am<br>11.15am<br>12.30pm<br>1.30pm<br>1.30pm | CERES Park<br>Exercise Physiology<br>Exercise Class (*N)<br>Exercise Class (*N)<br>Lunch<br>BC-Connected – Tech Help<br>Falls Prevention Class                  |         | Learn Laugh &<br>Lunch Group<br><b>Mother's Day</b><br>Morning Movie                                       | 10.00am<br>10.00am<br>11.00am<br>12.00pm<br>1.30pm<br><b>1.30pm</b><br>2.00pm<br>2.00pm | Exercise Class (*A)<br>Exercise Class (*I) (Marwal)<br>Exercise Class (*I) (Marwal)<br>Lunch (Marwal)<br>BC-Connected – Tech Help<br>Games and Cards<br>Exercise Physiology<br>Pottery               | <b>Day Trip</b><br>9.00am<br>9.00am<br>10.00am<br>11.00am<br><b>1.00pm</b><br>1.30pm | Schwerkolt Cottage<br>Hairdresser (Marwal)<br>Podiatry<br>Telehealth Exercise Class<br>Exercise Physiology<br>Wiser Driver<br>BC-Connected –<br>Tech Help    |                        | 12.30pm Lunch |
| 16   |   | 17   |   | 18      |  | 19  |  | 20   |  | 21                     | 22            |
| <b>Day Trip</b><br>10.00am<br>10.30am<br>12.30pm<br>1.30pm | Boroondara Blokes<br>Upper Yarra RSL<br>Art Class<br>North Balwyn<br>Seniors Social &<br>Music (Marwal)<br>Lunch<br>Brain Games   | <b>Day Trip</b><br>9:45am<br>10.00am<br>11.15am<br>12.30pm<br>1.30pm<br>1.30pm | Chirnside Park Country Club<br>Exercise Physiology<br>Exercise Class (*N)<br>Exercise Class (*N)<br>Lunch<br>BC-Connected – Tech Help<br>Falls Prevention Class | 10.30am | Exercise Class (*I)<br>Learn Laugh &<br>Lunch Group<br>Live Music<br>Wattleseed<br>Lunch<br>Craft<br>Movie | 10.00am<br>10.00am<br>11.00am<br>12.00pm<br>1.30pm<br>2.00pm<br>2.00pm<br><b>3:15pm</b> | Exercise Class (*A)<br>Exercise Class (*I) (Marwal)<br>Exercise Class (*I) (Marwal)<br>Lunch (Marwal)<br>BC-Connected – Tech Help<br>Exercise Physiology<br>Pottery<br>Music for Wellbeing (Maranoa) | <b>Day Trip</b><br>9.00am<br>9.00am<br>10.00am<br>11.00am<br><b>1.00pm</b><br>1.30pm | Songs of Judy Garland<br>Hairdresser<br>Podiatry (Marwal)<br>Telehealth Exercise Class<br>Exercise Physiology<br>Wiser Driver<br>BC-Connected –<br>Tech Help |                        | 12.30pm Lunch |
| 23   |   | 24   |   | 25      |  | 26  |  | 27   |  | 28                     | 29            |
| 10.00am<br>10.30am<br>12.30pm<br>1.30pm<br><b>1.30pm</b>   | Art Class<br>North Balwyn<br>Seniors Social &<br>Music (Marwal)<br>Lunch<br>Brain Games<br>BASS Builders                          | <b>Day Trip</b><br>9:45am<br>10.00am<br>11.15am<br>12.30pm<br>1.30pm<br>1.30pm | Yarra Valley Chocolaterie<br>Exercise Physiology<br>Exercise Class (*N)<br>Exercise Class (*N)<br>Lunch<br>BC-Connected – Tech Help<br>Falls Prevention Class   |         | Exercise Class (*I)<br>Learn Laugh &<br>Lunch Group<br>Lunch<br>Craft<br>Movie                             | 10.00am<br>10.00am<br>11.00am<br>12.00pm<br>1.30pm<br>2.00pm<br>2.00pm                  | Exercise Class (*A)<br>Exercise Class (*I) (Marwal)<br>Exercise Class (*I) (Marwal)<br>Lunch (Marwal)<br>BC-Connected – Tech Help<br>Exercise Physiology<br>Pottery                                  | <b>Day Trip</b><br>9.00am<br>9.00am<br>10.00am<br>11.00am<br><b>1.00pm</b><br>1.30pm | Kallista Tea Rooms<br>Hairdresser (Marwal)<br>Podiatry<br>Telehealth Exercise Class<br>Exercise Physiology<br>Wiser Driver<br>BC-Connected – Tech Help       |                        | 12.30pm Lunch |
| 30   |   | 31   |   |         |  |   |  |  |  |                        |               |
|  | Boroondara Blokes<br>Ambulance Museum<br>Art Class<br>North Balwyn<br>Seniors Social &<br>Music (Marwal)<br>Lunch<br>Brain Games  | <b>Day Trip</b><br>9:45am<br>10.00am<br>11.15am<br>12.30pm<br>1.30pm<br>1.30pm | Knox Club<br>Exercise Physiology<br>Exercise Class (*N)<br>Exercise Class (*N)<br>Lunch<br>BC-Connected – Tech Help<br>Falls Prevention Class                   |         | Bookings Ess<br>for all activi<br><b>9880 470</b>  | ties  | Exercise Classes*  | Interr   | ce = (*N)Tues with Imali Smediate = (*I)Wed with Bob MoThurs with Matthnced = (*A)Thurs with Sue Mo  | cQuillen,<br>new Azzop |               |

| Maranoa Club,     |  |
|-------------------|--|
| 6 Faversham Road, |  |
| Canterbury        |  |



| BASSCa   | All activities, gr<br>Canterbury Cer<br>Bookings Essentia   | oups and lunch are at<br>tre unless otherwise stated.<br>9880 4709  |  | Canterbury Centre,<br>2 Rochester Road,<br>Canterbury.Marwal Centre,<br>9 Marwal Avenue<br>Balwyn North.   |  | <b>Maranoa Club,</b><br>, 6 Faversham Road,<br>Canterbury.   | JUNE<br>2022 |                              |
|--|---|---|--|--|--|--|--------------|------------------------------|
| MONDAY   | TUESDAY   | WEDNESDAY   | THURSE   | DAY  | FRIDAY                                     |  | SAT          | SUN                          |
| Exercise Classes*<br>Novice = (*N) Tues with Imal  | all activities <b>9880 4709</b><br>Ii Sanduni Dahanayake,<br>McQuillen, Thurs with Matthew Azzopardi<br>e McQuillen   | 110.00amExercise Class (*I)10.30amLearn Laugh &<br>Lunch Group12.30pmLunch1.30pmCraft1.30pmMovie  | 2<br>10.00am<br>10.00am<br>11.00am<br>12.00pm<br>1.30pm<br>2.00pm<br>2.00pm      | Exercise Class (*A)<br>Exercise Class (*I) (Marwa<br>Exercise Class (*I) (Marwa<br>Lunch (Marwal)<br>BC-Connected – Tech H<br>Exercise Physiology<br>Pottery                           | al) 9.00am<br>10.00am                      | Stella's Kitchen<br>Hairdresser<br>Podiatry (Marwal)<br>Telehealth Exercise Class<br>Exercise Physiology<br>Wiser Driver<br>BC-Connected – Tech Help | 4            | <b>5</b><br>12.30pm<br>Lunch |
| 6  | 7   | 8   | 9  |  | 10   |  | 11           | 12                           |
| <ul> <li>10.00am Art Class</li> <li>10.30am North Balwyn<br/>Seniors Social Meeting<br/>&amp; Music (Marwal)</li> <li>12.30pm Lunch</li> <li>1.30pm Brain Games</li> </ul>                               | Day Trip<br>9:45amDandenong Ranges<br>Exercise Physiology<br>Exercise Class (*N)10.00amExercise Class (*N)11.15amExercise Class (*N)12.30pmLunch1.30pmBC-Connected –<br>Tech Help1.30pmFalls Prevention Class | 10.00amExercise Class (*I)10.30amLearn Laugh &<br>Lunch Group12.30pmLunch1.30pmCraft1.30pmMovie   | 10.00am<br>10.00am<br>11.00am<br>12.00pm<br>1.30pm<br>1.30pm<br>2.00pm<br>2.00pm | Exercise Class (*A)<br>Exercise Class (*I) (Marw<br>Exercise Class (*I) (Marw<br>Lunch (Marwal)<br>BC-Connected – Tech H<br>Games and Cards<br>Exercise Physiology<br>Pottery          | val) 9.00am<br>10.00am                     | Panton Hill Hotel<br>Hairdresser (Marwal)<br>Podiatry<br>Telehealth Exercise Class<br>Exercise Physiology<br>BC-Connected – Tech Help                |              | 12.30pm<br>Lunch             |
| 13   | 14  | 15  | 16   |  | 17   |  | 18           | 19                           |
| <b>OFFICE CLOSED</b><br><b>QUEEN'S BIRTHDAY</b><br>Public Holiday  | Day TripWantima Club9:45amExercise Physiology10.00amExercise Class (*N)11.15amExercise Class (*N)12.30pmLunch1.30pmBC-Connected –<br>Tech Help1.30pmFalls Prevention Class                                    | 10.00amExercise Class (*I)10.30amLearn Laugh &<br>Lunch Group10.45amDesign Today<br>Special<br>Presentation12.30pmLunch<br>Craft1.30pmMovie | 10.00am<br>10.00am<br>11.00am<br>12.00pm<br>1.30pm<br>2.00pm<br>2.00pm<br>3.15pm | Exercise Class (*A)<br>Exercise Class (*I) (Marw<br>Exercise Class (*I) (Marw<br>Lunch (Marwal)<br>BC-Connected – Tech H<br>Exercise Physiology<br>Pottery<br>Music for Wellbeing (Mar | al) 9.00am<br>10.00am<br>11.00am<br>1.30pm | St Marina Restaurant<br>Hairdresser<br>Podiatry (Marwal)<br>Telehealth Exercise Class<br>Exercise Physiology<br>BC-Connected – Tech Help             |              | 12.30pm<br>Lunch             |
| 20   | 21  | 22  | 23   |  | 24   |  | 25           | 26                           |
| <ul> <li>10.00am Art Class</li> <li>10.30am North Balwyn<br/>Seniors Social Meeting<br/>&amp; Music (Marwal)</li> <li>12.30pm Lunch</li> <li>1.30pm Brain Games</li> <li>1.30pm BASS Builders</li> </ul> | Day TripKarralyka Centre9:45amExercise Physiology10.00amExercise Class (*N)11.15amExercise Class (*N)12.30pmLunch1.30pmBC-Connected –<br>Tech Help1.30pmFalls Prevention Class                                | 10.00amExercise Class (*I)10.30amLearn Laugh &<br>Lunch Group12.30pmLunch1.30pmCraft1.30pmMovie1.30pmMail Out<br>Working Bee                | 10.00am<br>10.00am<br>11.00am<br>12.00pm<br>1.30pm<br>2.00pm<br>2.00pm           | Exercise Class (*A)<br>Exercise Class (*I) (Marw<br>Exercise Class (*I) (Marw<br>Lunch (Marwal)<br>BC-Connected – Tech H<br>Exercise Physiology<br>Pottery                             | val) 9.00am<br>10.00am                     | Government House Tour<br>Hairdresser (Marwal)<br>Podiatry<br>Telehealth Exercise Class<br>Exercise Physiology<br>BC-Connected – Tech Help            |              | 12.30pm<br>Lunch             |
| 27   | 28  | 29  | 30   |  | 1  |  | 2            | 3                            |
| Day TripBoroondara Blokes<br>Terminus Hotel10.00amArt Class10.30amNorth Balwyn<br>Seniors Social Meeting<br>& Music (Marwal)12.30pmLunch<br>Brain Games  | Day TripMitcham Hotel9:45amExercise Physiology10.00amExercise Class (*N)11.15amExercise Class (*N)12.30pmLunch1.30pmBC-Connected –<br>Tech Help1.30pmFalls Prevention Class                                   | 10.00amExercise Class (*I)10.30amLearn Laugh &<br>Lunch Group12.30pmLunch1.30pmCraft1.30pmMovie   | 10.00am<br>10.00am<br>11.00am<br>12.00pm<br>1.30pm<br>2.00pm<br>2.00pm           | Exercise Class (*A)<br>Exercise Class (*I) (Marw<br>Exercise Class (*I) (Marw<br>Lunch (Marwal)<br>BC-Connected – Tech H<br>Exercise Physiology<br>Pottery                             | val)                                       |  |              |                              |