

July/August 2022

STAYING CONNECTED

WITH YOUR COMMUNITY

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



Wednesday

20th July 12.15pm

Canterbury Centre,
2 Rochester Road Canterbury

Join us for a wonderful
Wintery Christmas Lunch.
Enjoy a traditional 3 course
lunch with drinks, music & trivia!

Cost: \$25 Transport: \$5 each way
(bookings essential & conditions apply)

**CHRISTMAS
IN
JULY LUNCH**

**BOOKINGS
required**

new
THIS ISSUE

BRIDGE

PAGE
10

Bingo!



Mahjong

Hooked on
**BOOKS &
MOVIES**

WEEKLY SOCIAL ACTIVITY Programs & Services

JULY/AUGUST 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/\$15**

Tuesday with Imali

Wednesday with Bob

Thursday with Sue

Thursday with Matt **Marwal**

Thursday Tango with Rina **Marwal**

Brain Games Interactive learning and puzzles. **\$5/\$10 Mondays**

Learn, Laugh & Lunch Guest speakers and presentations on a wide variety of topics. **\$15/\$53 Wednesdays**

Movies Join us for a variety of new and classic movies. **\$5/\$10 Wednesdays**

Art and Craft Groups Create with paints, pottery, knitting and much more!

\$5/\$10 – \$15/\$30

Art – Mondays

Craft – Wednesdays

Pottery – Thursdays

BC Connected

One-to-one help with technology. **FREE/ \$10**

Tuesdays / Thursdays / Fridays

Games & Cards, Scrabble, Solo, Mahjong, Bridge.

\$5/\$10 Thursdays

Music for Wellbeing

Friendly singalongs with Dr Christina Green, music therapist at Maranoa Club. **\$5/\$10**

Thursday 21st July & 18th August

Allied Health & Hairdressing Services

- **Podiatry** – Fortnightly at Canterbury and Marwal Centres – Starting from **\$12/42**.
- **Exercise Physiology** – One to one sessions with a qualified and experienced instructor – Starting from **\$20/\$65**.
- **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 – Thursday **\$12/\$15**, Sunday **\$15/\$18**

Three course meal at Marwal Centre

Thursday **\$12/\$15**.

Meals on Wheels delivered to your home starting from **\$9.50/\$15**.

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
For bookings

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 JULY / AUGUST with Elizabeth

Hi, I'm Elizabeth and I am the new Social Support Coordinator here at BASScare. If you haven't already met me, you'll soon discover that I enjoy meeting others and taking the time to get to know new people – I love a good chat! A little about me: I grew up in country NSW (yes, I'm a country girl), I worked at the RSPCA and I have a love of baking and cooking. I own over 600 cookbooks and am always on the hunt for recipes to try. I detest bananas, am known for my brownies and have a wicked sweet tooth.

You may have noticed that in the past month I have assisted in running some co-design and feedback sessions. I've been enjoying the opportunity to meet many of the wonderful

clients and ask for ideas and suggestions (though I'm still trying to remember names). From those discussions, you'll see in this issue we are starting some new Thursday morning programs including Bingo, a Hooked on Books & Movies group and special interest talks.

I'm always interested in gaining your ideas for venues, events and outings ideas – so please feel free to share your thoughts. You can call me directly or seek assistance from Jane or Janet at reception if you've got any wonderful ideas to share. I have been "on the hunt" for new outing opportunities and hope that you enjoy what I've planned for this calendar and those to come. I look forward to seeing you in the near future and getting to know you!

Feedback & Suggestion Morning Tea

Join us for a cuppa to share your suggestions and feedback to help shape the future social activities and services at BASScare.

11.00am Tuesday 12th July

Includes complimentary morning tea.



Most of BASScare's Social Support clients are eligible for the Commonwealth Home Support Program subsidy. The prices listed first in this newsletter are the subsidised price. The second listed price is the standard cost. For example: \$15/\$30. The My Aged Care and BASScare assessment process is used to determine your eligibility for this subsidy.

Know us before you need us

Please come in for a cuppa and a friendly chat about our Home Care and aged care services in Boroondara.

You'll find our new Home Care office at 131 Maling Road, Canterbury



Call us on
(03) 8809 0050



Offering
assistance with
My Aged Care registration

Warm up this Winter at the

CHRISTMAS

in

JULY DANCE

FEATURING
Live music
FROM
KATO



\$25
entertainment
& food

BOOKINGS
required



Includes a light lunch of antipasto, finger food & dessert

Thursday **7th July** 11.30am–2.30pm
Marwal Centre, 9 Marwal Avenue, Balwyn North

Transport available: \$5 each way
(bookings essential & conditions apply)

Music Always with All Day Fritz



Presented in conjunction
with BASScare and

**MELBOURNE
RECITAL
CENTRE**

FREE
concert

**Bookings
Essential**
Call to register

Celebrating culturally and stylistically
diverse music, the ensemble presents
old favourites and completely new
songs, highlighting musical genres from
the 1920s to the 1960s

Wednesday **3rd August** 10.45am for 11.00am start

Canterbury Centre, 2 Rochester Rd, Canterbury

Stay for a delicious 3 course Lunch at 12.30pm, \$12/\$15 | **Transport: \$5** each way (bookings essential)

FALLS PREVENTION

BASScare's Falls Prevention program is an evidence-based exercise and educational program targeted at reducing your risk of falls.

Book Today

Program includes:

- a pre-course assessment (1-2 weeks prior)
- 12 weekly group exercise classes (60 minutes)
- a post-course assessment (1-2 weeks post)
- educational talks

Cost: \$200*/\$450 (Conditions apply - CHSP)

Canterbury Centre, 2 Rochester Road, Canterbury

weekly
classes starting
Tuesday
26th July 2022
1.30pm-2.30pm



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

Come dance Tango with us!

Tango Classes for Seniors

Various studies show that music and exercise do wonders to living a healthy life. Join in on the fun, social classes, great for the body and mind.

Join our beginner friendly weekly Tango classes. Learn the many different elements of Tango and progress your co-ordination and style with our new instructor Rina.

Rina is a professional Tango dancer and Director of Tango Esencia Studio. A strong advocate for using Tango to assist people with Parkinson's Disease, her expertise has helped in a number of university research studies investigating using dance to alleviate the symptoms of the disease.

Cost: \$12/\$15

Thursdays 1.30 - 2.30pm
14th July- 11th August

Marwal Centre, 9 Marwal Ave, Balwyn North

First
attendance
FREE

TANGO

**BOOKINGS
ESSENTIAL**
Call to
register

*** No partner required.
Come along & enjoy!**



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

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

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FRIDAY 1st 	Darrel Lea Outlet & Stamford Hotel Darrell Lea have been making chocolate since 1927. See what takes your fancy in the shop (EFTPOS sales only) then enjoy a delicious seniors' lunch at the nearby Stamford Hotel	\$15/\$30 (plus lunch)
TUESDAY 5th 	Dorset Gardens Hotel Join us for a hearty pub lunch at this popular venue in Croydon. There's a huge seniors' menu to choose from and as it's our first visit we look forward to your reviews!	\$15/\$30 (plus lunch)
FRIDAY 8th 	Kinglake Hotel Enjoy a scenic drive followed by lunch by the open fire at this popular pub in the heart of the Kinglake Ranges.	\$15/\$30 (plus lunch)
TUESDAY 12th 	Glasshouse restaurant, Caulfield Always a Basscare favourite, this restaurant at Caulfield racecourse has great food, a gaming lounge and a gorgeous rose garden.	\$15/\$30 (plus lunch)
FRIDAY 15th 	Club Kilsyth and Op Shop hunt! – Active Trip Enjoy a hearty lunch from the extensive seniors' menu then fossick for a bargain at the three large op shops across the road.	\$15/\$30 (plus lunch)
TUESDAY 19th 	Morning Melodies @ Watsonia RSL Join us for David Gould's 'Broadway to Vegas' show followed by a tasty two course lunch. NOTE – Early Pick-up!	\$33/\$48 (incl. lunch)
FRIDAY 22nd 	Waves on the Beach, Frankston Enjoy casual seaside dining with spectacular views across Port Phillip Bay.	\$15/\$30 (plus lunch)
TUESDAY 26th 	Beasley's Nursery & Teahouse Get your gardening questions answered on our nursery tour and chat with expert Janine, then enjoy lunch at the onsite café and browse the gift shop. NOTE – Early Pick-up!	\$15/\$30 (plus lunch)
FRIDAY 29th 	Arundel Farm Estate Enjoy a tasty Italian inspired lunch overlooking the vines at this relaxed boutique vineyard in the Keilor Valley.	\$15/\$30 (plus lunch)

BOROONDARA BLOKES – JULY

MONDAY 4th 	Healesville Trip Explore Healesville township & lunch at the Beechworth Bakery	\$15/\$30 (plus lunch)
MONDAY 18th 	3MBS Tour & lunch Radio station 3MBS tour and lunch at Royal Oak hotel	\$15/\$30 (plus lunch)

Explore Bus Trips **August**



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

TUESDAY 2nd 	Cheltenham RSL This friendly RSL has an extensive seniors' menu and a lively sports bar.	\$15/\$30 (plus lunch)
FRIDAY 5th 	Rose Cottage, Monbulk Enjoy a delicious two course meal at this charming restaurant in the heart of the Dandenong Ranges.	\$38/\$53 (incl. lunch)
TUESDAY 9th 	Trios Sports Bar, Cranbourne Join us for lunch and a chat overlooking the track at Cranbourne Turf Club.	\$15/\$30 (plus lunch)
FRIDAY 12th 	'The Picasso Century' Exhibition NGV Explore this exhibition features over 80 works by Pablo Picasso alongside 100 works by his contemporaries, drawn from premier French national collections, as well as the NGV, then enjoy lunch at the gallery café.	\$43/\$58 (plus lunch)
TUESDAY 16th 	Gardenworld Browse all things garden related at this massive nursery in Braeside. There's even bonsai, gemstones and fossils! Enjoy a tasty lunch at the onsite café.	\$15/\$30 (plus lunch)
FRIDAY 19th 	'The World of Musicals!' Frankston Art Centre Enjoy a delicious two course meal at the Frankston Arts Centre, followed by an intimate performance of songs and storytelling with international musical theatre stars Simon Gleeson and Natalie O'Donnell	\$60/\$75 (incl. lunch)
TUESDAY 23rd 	Outlet clothing shopping and lunch - Active Trip Browse for a new outfit at the Black Pepper / Yarra Trail outlet in Boronia, followed by lunch at nearby Crave café.	\$15/\$30 (plus lunch)
FRIDAY 26th 	York on Lilydale Hotel Set on 4 hectares of landscaped gardens, this Mt Evelyn favourite serves hearty pub classics and seasonal specials.	\$15/\$30 (plus lunch)
TUESDAY 30th 	The Club Hotel, Ferntree Gully Enjoy a drink and tasty bistro lunch then stay for a chat or try your luck in the gaming lounge..	\$15/\$30 (plus lunch)
BOROONDARA BLOKES - JUNE TRIPS		
MONDAY 1st 	Lunch at the Italian Club, Werribee	\$15/\$30 (plus lunch)
MONDAY 15th 	Lunch at the Melton Country Club	\$15/\$30 (plus lunch)
MONDAY 29th 	Antique motorcycle workshop tour and café lunch, Cheltenham	\$15/\$30 (plus lunch)

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/\$30 (incl. all materials)

Mondays 10.00am

Canterbury Centre,
2 Rochester Rd,
Canterbury

First
Session
FREE

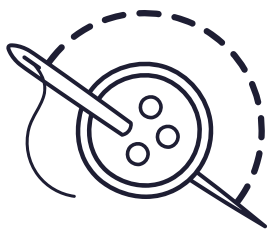


New Day & Time! Bookings required 9880 4709

Wednesdays

1.30pm

**CRAFT
GROUP**



Join this sociable self-led craft group for knitting, crocheting, sewing, card making or whatever you fancy!

Canterbury Centre,
2 Rochester Road, Canterbury

Cost: \$5/\$10

First
Session
FREE!



**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/\$30 includes the cost of materials

Transport: \$5 each way (bookings essential)



Learn, Laugh & Lunch!

WEDNESDAYS @ Canterbury Centre

Learn, Laugh and Lunch, that's exactly what our welcoming group of participants, volunteers and staff is all about!



JULY / AUGUST PROGRAM	WEDNESDAY MORNINGS – 10.30am \$15/\$53 <i>unless otherwise stated</i> Each Wednesday morning is a chance to share your interests and enjoy a wide variety of presentations in great company.	WEDNESDAY AFTERNOONS 1.30pm \$5/\$10 Join us for an afternoon film or documentary each Wednesday afternoon. Includes a coffee or ice-cream!
WEDNESDAY JULY 6th	MOVIE MORNING SPECIAL 'The Duke' (2020) \$5/10 British comedy-drama starring Helen Mirren & Jim Broadbent about the 1961 theft of the portrait of the Duke of Wellington.	<i>No afternoon film due to Morning Movie Special</i>
WEDNESDAY JULY 13th	Port Douglas – Tropical Paradise Let's escape chilly Melbourne with armchair travelling to far north Queensland.	'Malcolm' (1986) A classic Australian comedy filmed in Melbourne about a shy mechanical genius who inadvertently turns to a life of crime.
WEDNESDAY JULY 20th	Mid-Winter Jingle Bells Learn about the origins of how our Christmas traditions began at this special presentation.	<i>No afternoon film due to 'Christmas in July Lunch'</i>
WEDNESDAY JULY 27th	Scotland – A Destination of Wonder Armchair travelling across the beautiful and diverse Scottish countryside.	'A Beautiful Day in the Neighborhood' (2019) Tom Hanks stars in this heart-warming film about much loved children's TV presenter Fred Rogers.
WEDNESDAY AUGUST 3rd	Music Always – All Day Fritz FREE This super fun swing band will delight us with a morning of conversation, song and dance.	'The Legend of Tarzan' (2016) Tarzan is living in Victorian England with wife Jane, when a fiendish plot lures them back to the Belgian Congo.
WEDNESDAY AUGUST 10th	Celebrating National Family History Month Highly acclaimed Genealogical instructor shows us how to get started on a journey to discover our family roots.	'A Royal Night Out' (2015) On VE day, Princesses Elizabeth and Margaret escape Buckingham Palace to join the celebrations in London.
WEDNESDAY AUGUST 17th	Fred Astaire Celebrate the life and times of one of music and cinema's biggest and most influential stars.	'Rescued by Ruby' (2022) State trooper Dan dreams of joining the K9 Search & Rescue team while shelter dog Ruby just dreams of having a home.
WEDNESDAY AUGUST 24th	Painting on the Goldfields – S.T. Gill Samuel Thomas Gill is renowned for his many sketches and watercolours depicting the daily life of diggers in Australia in search of that elusive metal – gold.	'Fantastic Beasts and where to find them' (2016) Drawing on the Harry Potter universe, magizoologist Newt Scamander searches for magical creatures in New York.
WEDNESDAY AUGUST 31st	Living in Retirement – Services Australia A Financial Information Services Officer talks about financial considerations, aged care and accommodation options in retirement.	'Crackerjack' (2002) A classic Australian comedy set at a struggling lawn bowls club, starring Mick Molloy, Bill Hunter and John Clarke.

Wednesday Dining at 12.30pm. Join us for a delicious 3-course meal for \$12/\$15

NEW!

That's Entertainment!

THURSDAYS @ Canterbury Centre

JULY / AUGUST PROGRAM	THURSDAY MORNINGS – 11.30am \$5/\$10 Includes morning tea and coffee.	THURSDAY AFTERNOONS GAMES & CARDS – 1.30pm \$5/\$10 Includes morning tea and coffee.
1ST THURSDAY OF THE MONTH		
JULY 7 th AND AUGUST 4 th	<p>Join us for the ever-popular BINGO! Prizes are awarded, come and try your luck!</p> 	<p>SCRABBLE</p> <p>This classic crossword game is played with 2-4 players.</p> 
2ND THURSDAY OF THE MONTH		
JULY 14 th AND AUGUST 11 th	<p>SPECIAL INTEREST TALKS</p> <p>End of Life Doula Jan Sutherland is an End of Life Doula who will be sharing her insights and creating a safe space to openly discuss end of life issues and where we can turn to for support.</p> <p>Community Garden Expert Meet Martin O'Callaghan, BASSCare's head gardener who has a deep passion for gardening. Martin is an experienced urban food and community garden specialist who co-founded the CERES organic garden initiative.</p>	<p>SOLO</p>  <p>SOLO is a trick-taking card game for four individual players.</p>
3RD THURSDAY OF THE MONTH		
JULY 21 st AND AUGUST 18 th	<p>SHARING MY STORY</p> <p>Each month, we'll hear life stories from some of our BASScare community.</p> <ul style="list-style-type: none"> - Margaret (client) - David (volunteer) 	<p>Mahjong 發</p>  <p>MAHJONG is a tile-based game that was developed in the 19th century in China and has since spread throughout the world.</p>
4TH THURSDAY OF THE MONTH		
JULY 28 th AND AUGUST 25 th	<p>Not your traditional book club! Join in our interactive group where we discuss books and movies, and swap with other participants or from the mini library.</p> 	<p>BRIDGE</p>  <p>Bridge is a trick-taking card game, played by 4 players in two competing partnerships.</p>

Thursday Dining at 12.30pm. Join us for a delicious 3-course meal for \$12/\$15

THURSDAY DINING SPECIAL FOR JULY & AUGUST
bring along a new friend for lunch and you will get both meals half price!*

* Half price meals are for a new client joining a current client only.

Please call 9880 4709 for further details and to book.

ALLIED HEALTH AND HAIRDRESSING

Exercise Physiology, Podiatry and Hairdressing services are available at the Marwal and Canterbury Centres by appointment.

Bookings Essential on:

9880 4709 – Canterbury Centre

9819 7194 – Marwal Centre

Exercise Physiology

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

- Regular appointments **\$20/\$65**
- initial appointment **\$40/\$100**

Appointments available Tuesday, Thursday & Friday. Places are limited and bookings essential.

Podiatry with Angela

Specialised foot care for seniors.

- Regular appointments **\$12/\$42**
- initial appointment **\$24/\$84**

Appointments available Friday fortnightly.

Hairdressing with Jenny

Look your best and enjoy a chat.

- Ladies Haircut **\$30**
- Men's Haircut **\$25**
- Shampoo & Cut **\$40**
- Shampoo and blow-dry/set **\$35**
- Shampoo, haircut and blow-dry/set **\$55**

Appointments available Friday fortnightly.

Enjoy your independence in one of Melbourne's most exclusive retirement settings.

Hester Canterbury is so much more than just a luxury retirement village. It places residents firmly at the centre of the village, with a range of lifestyle choices, services and support that enhance lives while building a warm and supportive community.

Hester Canterbury has 34 spacious, light-filled retirement apartments built over three levels. Shared spaces on ground levels with private gardens will have you feeling right at home.

We have a limited number of apartments available now. Enquire today.



Apartments now available!

Located at 9 Chatham Road, Canterbury Victoria
Call for a tour (03) 8809 0300 or visit
hestercanterbury.com.au



Hester
Canterbury



Social Activity Program – Terms & Conditions

Most of BASScare's Social Support clients are eligible for the Commonwealth Home Support Program subsidy. The prices listed first in this newsletter are the subsidised price.

The My Aged Care and BASScare assessment process is used 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 September/October newsletter mail out at 1.30pm on August 24th 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.