BASScare

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.

Maranoa Club, 6 Faversham Road, Canterbury.

JULY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Bookings Essential for all activities 9880 4709	**Exercise Classes***	Novice = (*N) Intermediate = (*I) Advanced = (*A) Tues with Imali Sanduni Dahanayake, Wed with Bob McQuillen, Thurs with Matthew Azzopardi Thurs with Sue McQuillen		**1** **Day Trip** 9.00am 9.00am 10.00am 11.00am 1.30pm **Darrel Lea Outlet** Hairdresser Podiatry (Marwal) Telehealth Exercise Class Exercise Physiology BC-Connected – Tech Help	**2**	**3** 12.30pm Lunch
4 Day Trip 10.00am Art Class 10.30am North Balwyn Seniors Social & Music (Marwal) 12.30pm Lunch 1.30pm Brain Games	**Boroondara Blokes Healesville** **5** **Day Trip** 9:45am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help	**Dorset Gardens Hotel** **6** 10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Craft 1.30pm Movie	**7** 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.30am BINGO! 11.30am Christmas in July DANCE (Marwal) 12.30pm Lunch 1.30pm BC-Connected – Tech Help 1.30pm SCRABBLE 2.00pm Exercise Physiology 2.00pm Pottery	**8** **Day Trip** 9.00am 9.00am 10.00am 11.00am 1.30pm **Kinglake Hotel** Hairdresser (Marwal) Podiatry Telehealth Exercise Class Exercise Physiology BC-Connected – Tech Help	**9**	**10** 12.30pm Lunch
11 10.00am Art Class 10.30am North Balwyn Seniors Social & Music (Marwal) 12.30pm Lunch 1.30pm Brain Games	**12** **Day Trip** 9:45am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help	**Glasshouse Restaurant** **13** 10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Craft 1.30pm Movie	**14** 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.30am Special Interest Talk 12pm /12.30pm Lunch (Marwal) / Lunch (CC) 1.30pm BC-Connected – Tech Help 1.30pm SOLO 1.30pm Senior Tango (Marwal) 2.00pm Exercise Physiology 2.00pm Pottery	**15** **Day Trip** 9.00am 9.00am 10.00am 11.00am 1.30pm **Club Kilsyth** Hairdresser Podiatry (Marwal) Telehealth Exercise Class Exercise Physiology BC-Connected – Tech Help	**16**	**17** 12.30pm Lunch
18 Day Trip 10.00am Art Class 10.30am North Balwyn Seniors Social & Music (Marwal) 12.30pm Lunch 1.30pm Brain Games	**Boroondara Blokes 3MBS** **19** **Day Trip** 9:45am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help	**Morning Melodies, Watsonia RSL** **20** 10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 12.15pm Christmas in July LUNCH 1.30pm Craft	**21** 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.30am Sharing My Story 12pm /12.30pm Lunch (Marwal) / Lunch (CC) 1.30pm BC-Connected – Tech Help 1.30pm Mahjong 1.30pm Senior Tango (Marwal) 2.00pm Exercise Physiology 2.00pm Pottery 3:00pm Music for Wellbeing	**22** **Day Trip** 9.00am 9.00am 10.00am 11.00am 1.30pm **Waves on the Beach, Frankston** Hairdresser (Marwal) Podiatry Telehealth Exercise Class Exercise Physiology BC-Connected – Tech Help	**23**	**24** 12.30pm Lunch
25 10.00am Art Class 10.30am North Balwyn Seniors Social & Music (Marwal) 12.30pm Lunch 1.30pm Brain Games	**26** **Day Trip** 9:45am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC-Connected – Tech Help 1.30pm Falls Prevention Class	**Beasley's Nursery** **27** 10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Craft 1.30pm Movie	**28** 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.30am Hooked on Books & Movies 12pm /12.30pm Lunch (Marwal) / Lunch (CC) 1.30pm BC-Connected – Tech Help 1.30pm Bridge 1.30pm Senior Tango (Marwal) 2.00pm Exercise Physiology 2.00pm Pottery	**29** **Day Trip** 9.00am 9.00am 10.00am 11.00am 1.30pm **Arundel Farm Estate** Hairdresser Podiatry (Marwal) Telehealth Exercise Class Exercise Physiology BC-Connected – Tech Help	**30**	**31** 12.30pm Lunch

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Maranoa Club, 6 Faversham Road, Canterbury.

AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
1	**2**	**3**	**4**	**5**	**6**	**7**
Day Trip **Boroondara Blokes Italian Club, Werribee** 10.00am Art Class 10.30am North Balwyn Seniors Social Meeting & Music (Marwal) 12.30pm Lunch 1.30pm Brain Games	Day Trip **Cheltenham RSL** 9:45am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC–Connected – Tech Help 1.30pm Falls Prevention Class	10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 10.45am **Music Always – All Day Fritz** 12.30pm Lunch 1.30pm Craft 1.30pm Movie	10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.30am BINGO! 12pm /12.30pm Lunch (Marwal) / Lunch (CC) 1.30pm BC–Connected – Tech Help 1.30pm SCRABBLE 1.30pm Senior Tango (Marwal) 2.00pm Exercise Physiology 2.00pm Pottery	Day Trip **Rose Cottage, Monbulk** 9.00am Hairdresser (Marwal) 9.00am Podiatry 10.00am Telehealth Exercise Class 11.00am Exercise Physiology 1.30pm BC–Connected – Tech Help		12.30pm Lunch
8	**9**	**10**	**11**	**12**	**13**	**14**
10.00am Art Class 10.30am North Balwyn Seniors Social Meeting & Music (Marwal) 12.30pm Lunch 1.30pm Brain Games	Day Trip **Trios Sports Bar, Cranbourne** 9:45am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC–Connected – Tech Help 1.30pm Falls Prevention Class	10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Craft 1.30pm Movie	10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.30am Special Interest Talk 12pm /12.30pm Lunch (Marwal) / Lunch (CC) 1.30pm BC–Connected – Tech Help 1.30pm SOLO 1.30pm Senior Tango (Marwal) 2.00pm Exercise Physiology 2.00pm Pottery	Day Trip **The Picasso Century Exhibition** 9.00am Hairdresser 9.00am Podiatry (Marwal) 10.00am Telehealth Exercise Class 11.00am Exercise Physiology 1.30pm BC–Connected – Tech Help		12.30pm Lunch
15	**16**	**17**	**18**	**19**	**20**	**21**
Day Trip **Boroondara Blokes Melton Country Club** 10.00am Art Class 10.30am North Balwyn Seniors Social Meeting & Music (Marwal) 12.30pm Lunch 1.30pm Brain Games	Day Trip **Gardenworld** 9:45am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC–Connected – Tech Help 1.30pm Falls Prevention Class	10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Craft 1.30pm Movie	10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.30am Sharing My Story 12pm /12.30pm Lunch (Marwal) / Lunch (CC) 1.30pm BC–Connected – Tech Help 1.30pm Mahjong 2.00pm Exercise Physiology 2.00pm Pottery 3:00pm **Music for Wellbeing**	Day Trip **The World of Musicals** 9.00am Hairdresser (Marwal) 9.00am Podiatry 10.00am Telehealth Exercise Class 11.00am Exercise Physiology 1.30pm BC–Connected – Tech Help		12.30pm Lunch
22	**23**	**24**	**25**	**26**	**27**	**28**
10.00am Art Class 10.30am North Balwyn Seniors Social Meeting & Music (Marwal) 12.30pm Lunch 1.30pm Brain Games	Day Trip **Outlet Shopping & Lunch** 9:45am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC–Connected – Tech Help 1.30pm Falls Prevention Class	10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Craft 1.30pm Movie 1.30pm **Mail Out Working Bee**	10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.30am Hooked on Books & Movies 12pm /12.30pm Lunch (Marwal) / Lunch (CC) 1.30pm BC–Connected – Tech Help 1.30pm Bridge 2.00pm Exercise Physiology 2.00pm Pottery	Day Trip **York on Lilydale Hotel** 9.00am Hairdresser 9.00am Podiatry (Marwal) 10.00am Telehealth Exercise Class 11.00am Exercise Physiology 1.30pm BC–Connected – Tech Help		12.30pm Lunch
29	**30**	**31**				
Day Trip **Boroondara Blokes Antique Motorcycle Tour** 10.00am Art Class 10.30am Nth Balwyn Seniors Social Meeting & Music (Marwal) 12.30pm Lunch 1.30pm Brain Games	Day Trip **The Club, Ferntree Gully** 9:45am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC–Connected – Tech Help 1.30pm Falls Prevention Class	10.00am Exercise Class (*I) 10.30am Learn Laugh & Lunch Group 12.30pm Lunch 1.30pm Craft 1.30pm Movie				

Bookings Essential for all activities 9880 4709

Exercise Classes*

Novice = (*N)
Intermediate = (*I)
Advanced = (*A)

Tues with Imali Sanduni Dahanayake,
Wed with Bob McQuillen, Thurs with Matthew Azzopardi
Thurs with Sue McQuillen