

September/October 2022

# STAYING CONNECTED

## WITH YOUR COMMUNITY

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

It's footy finals time!

**AFL**  
**GRAND FINAL FEVER LUNCH**

Wednesday  
**21<sup>st</sup> SEPTEMBER**  
12.15pm-2.30pm

Come wearing your favourite team's colours for a fun filled afternoon of food, drink & trivia.

**Canterbury Centre**  
2 Rochester Road,  
Canterbury

**Book and pay  
by 15th September**

**Transport: \$5 each way**  
(Booking required & conditions apply)

*Live  
music*

**BOOKINGS  
ESSENTIAL**

**Cost  
\$25**

**new**  
THIS ISSUE

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*High  
Tea*



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Music Always  
**Melbourne Guitar Quartet**



*Spring  
DANCE*

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*Live  
music by  
KATO*



# WEEKLY SOCIAL ACTIVITY Programs & Services



## SEPTEMBER/OCTOBER 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**

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

### Learn, Laugh & Lunch **Wednesdays**

Guest speakers, presentations on a wide variety of topics (contact reception).

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

### **Thursdays** morning & afternoon activities

- **Games and Cards** Scrabble, Solo, Mahjong, Bridge & Bingo **\$5/\$10**
- **Hooked on Books & Movies** social book & movie discussion and swap group **FREE**
- **Special Interest Talks** **\$5/\$10**
- **Sharing my Story** hear life stories from within the BASScare community **FREE**

**Art and Craft Groups** Create with paints, pottery, knitting & 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**

## 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 4752**

Office Hours: Monday–Friday 10am–2pm

**Meals on Wheels Phone: 9880 4703** Office Hours: Monday–Friday 9am–4pm

**Web: [www.basscare.org.au](http://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.

Welcome to the bumper spring issue of BASScare's Social Activities newsletter. A special welcome to those reading your first edition. It's been great to see quite a few new faces at our programs in the last few months.

Speaking of new faces, if you have been up to the Marwal Centre on a Thursday or Friday you would have met our newest staff member – Victoria. She has a passion for helping people and is excited to start her new role at BASScare and looking forward to meeting everyone.

It is important to recognise that we are all still managing the effects of COVID every day. We have been extremely fortunate to have had such little exposure to the virus in our programs in the last 12–24 months.

**NEW  
MARWAL  
CENTRE  
booking &  
information  
phone number 9880 4752**



Victoria has a brand new phone number for any Podiatry, Hairdressing, Dining room or Exercise Class inquiries at the Marwal Centre. Alternatively, call in to reception for a chat.

You can rest assured that we are still diligently following and reviewing our COVIDsafe protocols. This includes addressing airflow, temperature checks for all attendees, sanitising surfaces, strict cleaning procedures, requesting masks for staff and volunteers, and mandatory masks for everyone on the buses. This is all for the peace of mind, health and happiness of our clients, volunteers and staff.

As always, there is plenty happening at our Centres! Why not try one of our special interest presentations this month or a new program such as Bingo, Books & Movie Group, Mahjong, Solo/Whist or Indoor Games.

We look forward to seeing you soon.

### 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 Wednesday  
14<sup>th</sup> September**

Includes complimentary morning tea.

Luxury Independent Retirement Living



**Hester  
Canterbury**



34 light filled apartments. Expansive living areas & superb designer kitchens. Highest quality fittings throughout.

**Apartments  
for sale**

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

Hester Canterbury is much more than luxury retirement apartment living. BASScare places residents firmly at the centre of the village, with a range of lifestyle services and support options that maintain independence, while building a warm and supportive community.

Feel right at home at Hester Canterbury.  
**We invite you to book a private tour today.**

Concierge serviced with shared ground spaces from club lounge, marble bar, cinema, magnificent library, gym & more.





# Spring Dance

**\$25**  
BOOKINGS  
ESSENTIAL

**RSVP**  
& pay by  
**THURSDAY 28TH  
SEPTEMBER**

**Thursday  
6th October**  
11.30am – 2.30pm

**Marwal Centre, 9 Marwal Ave,  
Balwyn North**  
Cost includes  
antipasto, finger food & dessert.

**Transport available for \$5 each way**  
(booking required & conditions apply)

**Bookings: 9880 4709**

*Live  
music by*  
**KATO**



**KATIA &  
TONY**

Join BASScare for a quintessential British high tea, complete with music and good company. Featuring an array of high tea morsels to tickle the taste buds, plus teas and sparkling wine (to tickle the nose) – it promises to be an afternoon delight!

**Thursday  
20th October**  
2.00pm – 3.30pm

**Canterbury Centre,  
2 Rochester Road,  
Canterbury**

Cost: \$25  
**Transport available  
for \$5 each way**  
(booking required &  
conditions apply)

**Bookings:  
9880 4709**

An indulgent

# High Tea

**RSVP**  
& pay by  
**FRIDAY 14TH  
OCTOBER**



# Music Always Melbourne Guitar Quartet

Melbourne Guitar Quartet is a vibrant guitar based ensemble dedicated to the development of chamber music repertoire for the instrument. The award-winning quartet creates innovative and diverse arrangements which have been blazing new trails in Australia's musical landscape.



Presented in conjunction  
with BASScare and

**MELBOURNE  
RECITAL  
CENTRE**

**FREE  
concert**

**BOOKINGS  
ESSENTIAL**  
Call to  
register

## Wednesday 5th October

10.45am for 11.00am start

**Canterbury Centre,  
2 Rochester Road, Canterbury**  
Transport available for \$5 each

Stay for a delicious 3 course Lunch at 12.30pm, \$12/\$15 | For all bookings call 9880 4709

Come and join our **FORTNIGHTLY MONDAY**

## Boroondara Blokes Day Trips

In July the Blokes had a tour of the 3MBS radio station. Client Murray stated, "I was most impressed with the technology and pleased to meet Ian Lingard, the presenter of my favourite 3MBS program "Sounding Brass", which is broadcast on a Saturday from 9am. A most enjoyable day".

Rodney, our Blokes facilitator, is looking forward to other blokes joining him and the regulars for their outings!

**See the September/October Trips calendar  
for new and exciting upcoming destinations.**  
(Bottom of pages 6-7).



**Boroondara Blokes tour of  
the 3MBS radio station**





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

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

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.

<b>FRIDAY</b> <b>2<sup>nd</sup></b> 	<b>Sanctuary Lakes Hotel, Point Cook</b> Join us for a delicious seniors menu OR the lunch buffet. Opposite the Sanctuary Lakes golf club, this will be an enjoyable day out.	<b>\$15/\$30</b> (plus lunch)
<b>TUESDAY</b> <b>6<sup>th</sup></b> 	<b>Hahndorf's Chocolate Shop and Café, Upper Ferntree Gully</b> In the foothills of Mt Dandenong, Hahndorfs offer light lunches, warm toasties and a vast array of chocolates to go with your coffee or tea.	<b>\$15/\$30</b> (plus lunch)
<b>FRIDAY</b> <b>9<sup>th</sup></b> 	<b>Mt Dandenong Botanic Garden</b> Enjoy a wander round the Mt Dandenong botanic garden while the cherry blossoms are in bloom (fingers crossed)! Lunch will be on site at Café Vireya.	<b>\$15/\$30</b> (plus lunch)
<b>TUESDAY</b> <b>13<sup>th</sup></b> 	<b>The Crown Hotel, Lilydale</b> Situated in the township of Lilydale, this friendly pub was built in the 1800's. The Crown has an enormous seniors menu to suit even the pickiest of eaters.	<b>\$15/\$30</b> (plus lunch)
<b>FRIDAY</b> <b>16<sup>th</sup></b> 	<b>'Bach to Broadway', Frankston Arts Centre</b> An afternoon of food and music! Enjoy a two course lunch followed by a musical spectacular with tenor Roy Best, soprano Alison Jones and opera singer Caroline Vercoe, as they perform classics from Bach to Broadway.	<b>\$60/\$75</b> (incl. lunch)
<b>TUESDAY</b> <b>20<sup>th</sup></b> 	<b>Terminus Hotel, Healesville</b> Enjoy some spring sunshine and a tasty lunch in the gorgeous township of Healesville. Seniors menu available.	<b>\$15/\$30</b> (plus lunch)
<b>FRIDAY</b> <b>23<sup>rd</sup></b>	<b>GRAND FINAL PUBLIC HOLIDAY – NO OUTING.</b>	
<b>TUESDAY</b> <b>27<sup>th</sup></b> 	<b>Box Hill Golf Club</b> Join us for a relaxing bistro meal overlooking the greens at this friendly suburban club.	<b>\$15/\$30</b> (plus lunch)
<b>FRIDAY</b> <b>30<sup>th</sup></b> 	<b>Old Treasury Building – Women in WWII exhibition</b> Join us for an informative and thought provoking tour. We will then enjoy lunch at nearby Collins place.	<b>\$25/\$40</b> (plus lunch)

## BOROONDARA BLOKES – SEPTEMBER

<b>MONDAY</b> <b>12<sup>th</sup></b> 	<b>Golden Hills Micro-brewery</b> Lunch and chat with brewer Steve	<b>\$15/\$30</b> (plus lunch)
<b>MONDAY</b> <b>26<sup>th</sup></b> 	<b>Tooradin Esplanade</b> Lunch from the bakery or fish 'n' chips	<b>\$15/\$30</b> (plus lunch)



# Explore Bus Trips **October**



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

<b>TUESDAY</b> <b>4<sup>th</sup></b> 	<b>Savers and Manhattan Hotel, Ringwood</b> Hunt for a bargain at Savers, a large second hand retailer, and then enjoy a lunch from the nearby Manhattan Hotel, which has a large seniors menu.	<b>\$15/\$30</b> (plus lunch)
<b>FRIDAY</b> <b>7<sup>th</sup></b> 	<b>Tulip Festival, Silvan</b> The Tulip festival is back! Delight your senses as we explore the colourful tulip gardens and displays...there's even Irish pipers performing on the day! Enjoy lunch at the onsite café.	 <b>\$43.50/ \$58.50</b> (plus lunch)
<b>TUESDAY</b> <b>11<sup>th</sup></b> 	<b>Dandenong Markets - Active Trip</b> Come and explore the undercover markets in Dandenong which boast over 80 stalls, famous hot jam donuts and plenty of lunch options in the multicultural food hall.	<b>\$15/\$30</b> (plus lunch)
<b>FRIDAY</b> <b>14<sup>th</sup></b> 	<b>Archibald Art Prize – Bunjil Place Gallery, Narre Warren</b> Come and view over 50 portraits on display from this year's prestigious Archibald Prize. We will also enjoy a tasty lunch at the onsite Bunjil Place café. <i>Archibald Prize 2022, 'Moby Dickens', by Blak Douglas</i>	 <b>\$30/\$45</b> (plus lunch)
<b>TUESDAY</b> <b>18<sup>th</sup></b> 	<b>Olive Tree Hotel, Sunbury</b> Enjoy a tasty bistro lunch at this friendly Sunbury establishment.	<b>\$15/\$30</b> (plus lunch)
<b>FRIDAY</b> <b>21<sup>st</sup></b> 	<b>Pelikan Societe café, Hastings</b> Come for a drive down the Peninsula to enjoy a delicious lunch overlooking the boats at Hastings marina.	<b>\$15/\$30</b> (plus lunch)
<b>TUESDAY</b> <b>25<sup>th</sup></b> 	<b>Bundoora Hotel, Bundoora</b> This hotel boasts a vibrant yet traditional bistro serving seniors meals and classic pub fare.	<b>\$15/\$30</b> (plus lunch)
<b>FRIDAY</b> <b>28<sup>th</sup></b> 	<b>McCrae Homestead, McCrae - Active Trip</b> Join us for a guided tour of the National Trust homestead and gallery situated in McCrae, at the foot of Arthur's Seat. Built in 1844, the homestead and artefacts are a physical reminder of early pioneering life in Victoria. Wear your comfy shoes as the guided tour will be over an hour. Lunch will be at a nearby café.	<b>\$25/\$40</b> (plus lunch)
<b>BOROONDARA BLOKES - OCTOBER TRIPS</b>		
<b>MONDAY</b> <b>10<sup>th</sup></b> 	<b>Yakult factory tour and lunch at Keysborough hotel</b>	<b>\$15/\$30</b> (plus lunch)
<b>MONDAY</b> <b>24<sup>th</sup></b> 	<b>Holden Museum and lunch onsite, Trafalgar</b>	<b>\$40/\$55</b> (incl. lunch)

**NEW!**

# That's Entertainment!

THURSDAYS @ Canterbury Centre



Join us for the  
ever-popular Bingo!

Various prizes are awarded...  
come and try your luck!

First  
session  
**FREE**

Thursday 11.30am  
**1st September | 6th October**

Cost \$5/\$10

## Afternoon Cards & Games

Thursdays  
1.30pm

Cost \$5/\$10

### SCRABBLE

1st Thursday  
of the month

1st September |  
6th October



### SOLO & WHIST

2nd Thursday  
of the month

8th September |  
13th October



3rd Thursday  
of the month

15th September |  
20th October



4th Thursday  
of the month

22nd September |  
27th October

## BRIDGE



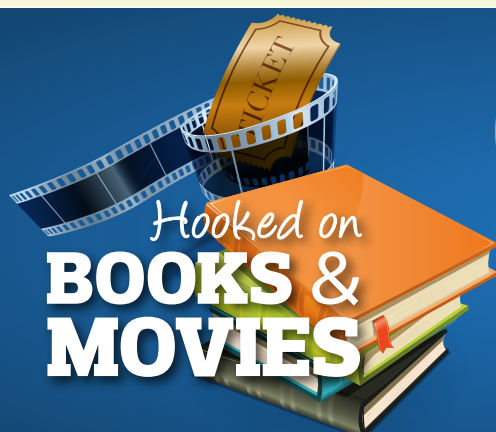
## Indoor Games Afternoon

Mini golf, Indoor  
bowls and  
Bocce!

**FREE**



Thursday 1.30pm  
**29th September**



**FREE**

**Not your traditional book club!**

Join our interactive group as we discuss  
books and movies, and swap copies with  
other participants or from the mini library.

Thursday 11.30am  
**22nd September**  
**27th October**



SPECIAL PRESENTATION

# The Life of Jane Austen

President of the Jane Austen Melbourne club, Mercia Chapman, will be sharing the detailed life story of the renowned English author.

Thursday 11.30am  
**8th September**

**Canterbury Centre,  
2 Rochester Road, Canterbury**

Cost: Gold coin donation



SPECIAL PRESENTATION

# The Freemasons & Egypt

Have you ever wanted to know more about the Freemasons building, Emulation Hall, across the road from the Canterbury Centre?

Join us as Brendan shares the story and images of the bewildering and colourful building opposite Basscare.

Thursday 11.30am  
**13th October**

**Canterbury Centre,  
2 Rochester Road, Canterbury**

Cost : Gold coin donation



# Sharing my Story

This is your opportunity to hear life stories from your fellow BASScare community members. In July, we heard from Margaret about her amazing stories of Australian dancing competitions and the growth of female field hockey.

We're also looking for more people to share their stories! Please call reception on 9880 4709 if you're interested.

Thursday 11.30am  
**15th September | 20th October**

**Canterbury Centre, 2 Rochester Road, Canterbury**



**FREE**



# 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!



SEPTEMBER / OCTOBER PROGRAM	WEDNESDAY MORNINGS – 10.30am \$15/\$53 <i>unless otherwise stated</i>	WEDNESDAY AFTERNOONS 1.30pm \$5/\$10
	Each Wednesday morning is a chance to share your interests and enjoy a wide variety of presentations in great company.	Join us for an afternoon film or documentary each Wednesday afternoon. Includes a coffee or ice-cream!
	<b>WEDNESDAY SEPTEMBER 7<sup>th</sup></b> <b>The first Royal tour (1867)</b> Prince Alfred was sent away from the temptations of London and Paris. History lover Gillian Yung, tells us how his tour was not quite what the Queen had in mind. <i>Bring along your own Royal souvenirs and memories!</i>	<b>'Downtown Abbey: A New Era' (2022)</b> The wealthy Crawley family decamp to the South of France to uncover the mystery of the dowager Countess's newly inherited villa.
	<b>WEDNESDAY SEPTEMBER 14<sup>th</sup></b> <b>'The Bad-Ass librarians of Timbuktu'</b> Join Janine Johnston as she shares the "potted history" of the book and movie.	<b>'Mountain' (2017)</b> This documentary explores our obsession with high places and how they have come to capture our imagination. In the past, peaks were places of peril, not beauty.
	<b>WEDNESDAY SEPTEMBER 21<sup>st</sup></b> <b>A guide to stamp collecting</b> The Royal Philatelic Society will be giving a detailed presentation of stamp collecting.	<b>'Careful, He Might Hear You' (1983)</b> Two estranged sisters vie for custody of their young nephew in this classic Australian drama.
	<b>WEDNESDAY SEPTEMBER 28<sup>th</sup></b> <b>The art of public speaking</b> Toastmaster grand champion, Judith Talanoa, will be sharing the story of her public speaking success over the past 20 years.	<b>'The War with Grandpa' (2020)</b> Upset that he has to share his bedroom with his grandfather (Robert De Niro), Peter decides to declare war to win it back.
	<b>WEDNESDAY OCTOBER 5<sup>th</sup></b> <b>Music Always – Melbourne Guitar Quartet FREE</b> A leading and award winning ensemble from the Melbourne Recital Centre!	<b>'Charlie's Country' (2014)</b> Charlie (David Gulpilil), an Aboriginal man, struggles to navigate the society he finds himself in, especially when he tries to reconnect with the traditional ways of his people.
	<b>WEDNESDAY OCTOBER 12<sup>th</sup></b> <b>The South Island of New Zealand</b> Matthew Ety-Leal is our tour guide of wonder as we armchair travel to the land next door.	<b>'The Merger' (2018)</b> Feel-good Australian comedy about a man who tries to resurrect a football team in a small country town.
	<b>WEDNESDAY OCTOBER 19<sup>th</sup></b> <b>A glorious display of handmade quilts</b> Award winning quilter Anne shares her passion for handmade dedication of quilting.	<b>'The Dish' (2000)</b> Delightful retelling of the crucial role of the Parkes Observatory in the television transmission of the moon landing in 1969.
	<b>WEDNESDAY OCTOBER 26<sup>th</sup></b> <b>'The Phantom of the Open' Morning Movie! \$5/10</b> A unbelievable true story of an ordinary man who dreamed BIG and made history.	<i>No afternoon film due to Morning Movie Special</i>

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



## ALLIED HEALTH AND HAIRDRESSING

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

### Bookings Essential:

9880 4709 – Canterbury Centre

99880 4752 – 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.*

## 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)

3 course hot  
**MEALS**

1/2 Price  
**SPECIAL**

## Community Dining

We serve delicious hot 3-course meals at

**Canterbury Centre – 12.30pm**

Monday – Thursday **\$12/\$15** / Sunday **\$15/\$18**

**Marwal Centre – 12.00pm**

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

### SEPTEMBER/OCTOBER SPECIAL

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 bookings.





## **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 November/December newsletter mail out at 1.30pm on October 19th 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/](http://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.