

November/December 2022

STAYING CONNECTED

WITH YOUR COMMUNITY

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

Canterbury Centre,
2 Rochester Road, Canterbury

CHRISTMAS

\$25

BOOKINGS
ESSENTIAL

Live
music

Join us for our annual Christmas Lunch.
With a traditional 3 course meal, drinks,
live music and festive fun!

LUNCH

Wednesday
14th December

12.15 - 2.30pm



Please book & pay by Friday, 9th December. Transport: \$5 each way (booking required & conditions apply)

BOOKINGS
WEBSITE

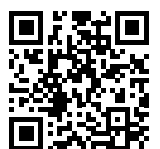
9880 4709
basscare.org.au

FACEBOOK

 **BASScareAgedCare**

SCAN TO
DISCOVER

WHAT'S ON



CANTERBURY COMMUNITY CENTRE November/December

Canterbury Centre

2 Rochester Road, Canterbury

Phone: 9880 4709

Office Hours: Monday–Friday 9am–3pm

* NOTE: 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.



Weekly Social Activity Programs and Services

MONDAYS

Blockes Outing (fortnightly)	\$15/\$30
10.00am Art Class	\$15/\$30
12.30pm Three-course Lunch	\$12/\$15
1.30pm Brain Games	\$5/\$10
1.30pm Mahjong (fortnightly)	\$5/\$10

TUESDAYS

Day Trip Outings	\$15/\$30
Exercise Physiology Appointments	\$20/\$60
10.00am Exercise Classes & 11.15am	\$12/\$15
12.30pm Three-course Lunch	\$12/\$15
1.30pm BC Connected – Tech Help	Free/\$10

WEDNESDAYS

10.00am Exercise Class	\$12/\$15
10.30am Learn Laugh and Lunch	\$12/\$15
12.30pm Three-course Lunch	\$12/\$15
1.30pm Afternoon Movies	\$5/\$10
1.30pm Social Stitchers	\$5/\$10

Meals on Wheels delivered to your home starting from **\$9.50/\$15**. Phone: **9880 4703**

Community Bus Transport is available to Canterbury Centre group activities. Cost **\$5** one way. Bookings required, terms & conditions apply.

Calendar of days, time & dates available at reception. For Marwal Community Centre information refer to page 11

THURSDAYS

10.00am Exercise Class	\$12/\$15
11.30am Bingo (fortnightly)	\$5/\$10
12.30pm Three-course Lunch	\$12/\$15
1.30pm Scrabble (fortnightly)	\$5/\$10
1.30pm Seniors Yoga	\$5/\$10
1.30pm BC Connected – Tech Help	Free/\$10
2.00pm Pottery	\$15/\$30

FRIDAYS

Day Trip Outings	\$15/\$30
9.00am Hairdressing (fortnightly)	\$25–\$55
9.00am Podiatry (fortnightly)	\$12/\$42
Exercise Physiology Appointments	\$20/\$60
1.30pm BC Connected – Tech Help	Free/\$10

SUNDAYS

12.30pm Three-course lunch	\$15/\$18
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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.

As we head into the final two months of 2022, it is a good opportunity to acknowledge the progress we have made this year.

We have had some great highlights and special events this year, but what's been most rewarding has been recapturing the sense of community. Whether that has been walking past the laughter and conversation over a cup of tea after an exercise class or seeing a bus load of enthusiastic travelers heading out for the day.

We are excited about some new programs and projects coming in the New Year. Expanding our exercise and Allied Health offerings, creating an outdoor activities space and a community garden project, just to name a few.

We are looking for volunteers to assist with our gardening project at Faversham – our residential facility. If you're keen on being involved please let us know!

We are saying a fond farewell to Rick, who has been with us for almost 9 years! A heartfelt thanks to Rick for his work with the blokes group, outings, bus transport, Cool Cats and computer kiosk. We wish Rick all the best in his next chapter.

I would like to welcome Trish, a new member to our team! Trish comes to us experienced in delivering a range of great group activities and will be facilitating a number of programs, including Brain Games and the Friday Outings.



THANKS & FAREWELL RICK



WELCOME TRISH

Feedback & Suggestion Morning Tea

Trish and Elizabeth will be hosting a special complimentary afternoon tea. Please bring your great ideas and suggestions as they will be using this feedback session with you to assist with the program planning in 2023.

2.30pm Monday 5th December



Like us on Facebook!

This is a great place to see photos, events and special interest articles of what is happening right across BASScare.



SCAN AND FOLLOW US ON
facebook



NEW! SENIORS YOGA

FIRST SESSION FREE \$5 | \$10

Yoga provides a wide variety of benefits, including strength, flexibility, mobility and balance, all of which is very important as we age! The breath-work, meditation and relaxation techniques can help us to manage the stresses of everyday life.

Jacinta discovered these benefits for herself over 20 years ago and is now a qualified yoga teacher, ready to share the rewards of yoga with you.

No experience needed! Bookings required.



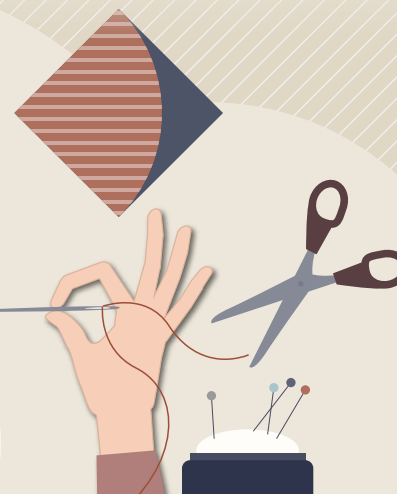
1.30pm **Thursdays** 10th November - 15th December



SOCIAL STITCHERS

This independently run social group meets weekly. The social stitchers share skills and advice on a variety of needlework and thread based activities all whilst having a chat, enjoying a cuppa and forming friendships.

FIRST SESSION FREE \$5 | \$10



1.30-3.30pm **Wednesdays**

Brain Games

with our new presenter **TRISH**

Challenging your brain and staying socially active are the two most important factors in avoiding the pitfalls of aging.

Join Trish for a weekly session to keep your mind active with fun filled facts, puzzles and quizzes.

1.30-3.00pm **Mondays**

FIRST SESSION FREE \$5 | \$10



CHRISTMAS SPECIALS at Canterbury Centre

Christmas Day

LUNCH

Join us on Christmas Day for a very merry special lunch of with all your traditional favourites!

Transport: \$5 each way (booking required & conditions apply).

\$25
BOOKINGS
ESSENTIAL

BOOK
& pay by
FRIDAY 16TH
DECEMBER

12.00–2.00pm **Sunday, 25th December**

Christmas

CRAFT & CARD MAKING

\$15 | \$30

LIMITED
SPACES
BOOKINGS
ESSENTIAL

Join Art therapist Eric and Trish (who has a hidden talent of creating one off handmade cards). Eric and Trish will run a Christmas art and card making special.



10.00am **Monday, 14th November**

Christmas Cooking

A one off Christmas truffle making session! Bring your apron and enjoy a hands on session as we make truffles and sugar plums.

1.30pm **Monday
12th December**

\$5 | \$10

LIMITED
SPACES
BOOKINGS
ESSENTIAL







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

TUESDAY 1 st	MELBOURNE CUP PUBLIC HOLIDAY – NO OUTING.	
FRIDAY 4 th 	Rivers Garden Centre and Café – Yarrambat This location came highly recommended. Yarrambat is a beautiful part of the world to enjoy a relaxing drive and a delicious meal.	\$15/\$30 (plus lunch)
TUESDAY 8 th 	Preston Mosque Tour – Active Trip Join Mr Abdulla for an amazing guided tour. Please note that shoes need to be removed before entering this site. Lunch beforehand at Pomona café.	\$15/\$30 (plus lunch)
FRIDAY 11 th 	Vasili's Garden Outing (workshop with Vasili) – Active Trip We're delighted to have secured a gardening workshop and chat with Vasili himself. Participants will go home with a small self-potted plant. Lunch will be at O'Heas continental cafe.	\$27/\$42 (plus lunch)
TUESDAY 15 th 	Club Ringwood, Ringwood Club Ringwood offers a large range of delights on their seniors menu in their spacious dining area.	\$15/\$30 (plus lunch)
FRIDAY 18 th 	Werribee Mansion, Werribee – Active Trip Fancy a day out to a mansion and find your inner Elizabeth Bennet? Join us as we tour the beautiful site and gardens and enjoy a delicious onsite lunch. <i>*Please note – early pick up starting from 9am.</i>	\$44.20/ \$59.20 (incl. lunch)
TUESDAY 22 nd 	Pakenham Hotel, Pakenham Join Elizabeth for a chat and a delicious meal out at the Pakenham Hotel, which boasts a large seniors menu with something to please everyone!	\$15/\$30 (plus lunch)
FRIDAY 25 th 	Deakin University – Working Title Art Collection The Hirsh family have lent their extensive art selection to Deakin University for a short loan. This working title exhibition is located in the university's art gallery. Lunch will be on site at the SAGE café.	\$15/\$30 (plus lunch)
TUESDAY 29 th 	Jackson Court Shopping Trip, Doncaster East – Active Trip With the festive season just around the corner, here's an opportunity to enjoy shopping/browsing at gift stores, boutiques and the op shop. Lunch will be at one of the delightful cafes.	\$25/\$40 (plus lunch)

BOROONDARA BLOKES – NOVEMBER

MONDAY 7 th 	Olympic Hotel, Preston Even though the 2022 Olympics are well and truly over, see where all the excitement happened when Melbourne hosted the Olympics in 1956.	\$15/\$30 (plus lunch)
MONDAY 21 st 	The Burke and Wills Memorial Site This scenic day trip is for our history buffs. Join us as we visit the special memorial site and then enjoy lunch at Castlemaine's traditional country hotel.	\$15/\$30 (plus lunch)



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

<p>FRIDAY 2nd</p> 	<p>Royal Historic Society Victoria – Kaleidoscope Exhibition – Active Outing This exhibition focuses on 50 key women over a span of 113 years of excellence and will include a chat with the curator Dr Cheryl Griffin. Lunch will be at Le Will café nearby.</p>	<p>\$15/\$30 (plus lunch)</p>
<p>TUESDAY 6th</p> 	<p>Choukette Café and Patisserie, Brunswick Enjoy a delicious lunch in this highly sought after café in Brunswick. With an array of lunch options and a huge sweet selection, this is sure to be a gastronomical extravaganza. This is a new outing location, so we welcome your feedback!</p>	<p>\$15/\$30 (plus lunch)</p>
<p>FRIDAY 9th</p> 	<p>“The Spirit of Christmas” Frankston Arts festival A music spectacular to highlight Christmas! Opera singer Roger Lemke, the award winning Michelle Fitzmaurice and tenor Roy Best are performing the Christmas classics. This is sure to be a musical spectacular with lunch included.</p>	<p>\$38/\$53 (incl. lunch)</p>
<p>TUESDAY 13th</p> 	<p>The Pines Shopping Centre, Doncaster East – Active Outing With Christmas less than 2 weeks away, here's a final shopping opportunity. Having undergone a massive refurb you'll find everything from boutique stores to Kmart. Lunch will be in the food court.</p>	<p>\$15/\$30 (plus lunch)</p>
<p>TUESDAY 16th</p> 	<p>Pig and Whistle, Olinda Keeping up with traditions, this outing will once again signify the end of outings for 2022! Join us as we see out the year at this quintessential English pub offering hearty meals and ale on tap.</p>	<p>\$15/\$30 (plus lunch)</p>




Thank you to all those who joined us on an outing this year.

Have a safe and happy holiday season.

We look forward to taking you to even more interesting and fun locations starting **January 10, 2023!**



BOROONDARA BLOKES – DECEMBER TRIPS

<p>MONDAY 5th</p> 	<p>BBQ at Yan Yean Reservoir For the final blokes outing of 2022 we are celebrating with a BBQ and scenic drive to Yan Yean.</p>	<p>\$15/\$30 (plus lunch)</p>
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bees & beekeeping

Faye Kirkwood, member of The Beekeepers Club and Rotarian for Bees, joins us for a fascinating talk about these amazing little creatures.

10.30am-12.30pm
Wednesday **9th November**



THE Boroondara Library Service

The Boroondara library service offers more than just books. Join us as we discover the new areas of interest and assistance available from your local library. Join us as a member of the local library shares the new age of libraries.

11.30am-12.30pm
Thursday **10th November**



Planning for your future

Bill Burn, from Services Australia, returns to share a wealth of important information about Centrelink and Aged Care nominees, Aged Care representatives, Powers of Attorney and Guardianship orders.

10.30am-12.30pm
Wednesday **30th November**



The History of calligraphy

Do you want to know more about the relaxed art of beautiful handwriting? Join Sally from Melbourne's Calligraphy society as she shares the history of calligraphy and joy found in writing.

11.30am-12.30pm
Thursday **8th December**



Also in **November** at Canterbury Centre

<p>WEDNESDAY 2nd NOVEMBER</p>	<p>The History of the Palace Balwyn Hear about the history through the years of this palatial art-deco building which graces our local area.</p>	
<p>WEDNESDAY 16th NOVEMBER</p>	<p>Archery and Paddle Boarding From hunting to combat, to a sport or leisure activity, learn about the evolution of archery as well as the fun and fitness benefits of paddle boarding.</p>	
<p>WEDNESDAY 23rd NOVEMBER</p>	<p>Sir Hubert Ferdinand Opperman OBE Matthew Ety-Leal returns to tell us the story of Australian cyclist and politician whose endurance cycling feats in the 1920s and 1930s earned him international acclaim and the nickname 'Oppy'.</p>	

Book and stay on for a delicious
3 course lunch
afterwards at 12.30pm

Please call **9880 4709**
for bookings



CARDS & GAMES

Cost: \$5/10 First session FREE



1st & 3rd
Thursdays
of the month

11.30am

SCRABBLE

1st & 3rd Thursdays
of the month

1.30pm



Mahjong

1st & 3rd Mondays
of the month

1.30pm



SOLO & WHIST

2nd & 4th Thursdays
of the month

1.30pm



MORNING MOVIE SPECIAL

Mrs. Harris Goes to PARIS



MOVIES at Canterbury Centre, Join us for a film on Wednesday afternoons at 1.30pm.
Cost: \$5/\$10 (ice cream available for \$1).

- 2nd November** **Persuasion** (2022) A fresh take on Jane Austen's novel as heroine Anne Elliot faces the tough decision of revisiting her past or pursuing a new love.
- 9th November** **Inside the Mind of a Cat** (2022) Joyful and informative documentary that captures the fascinating relationship between feline and human.
- 16th November** **Suffragette** (2015) Inspired by true events, Suffragette explores the passion and heartbreak of those who risked their all for women's right to vote.
- 23rd November** **A Castle for Christmas** (2021) To escape a scandal, a bestselling author journeys to Scotland, where she falls in love with a castle and has to contend with the grumpy duke who owns it.
- 30th November** **Spotswood** (1992) Anthony Hopkins stars as an "efficiency consultant" tasked with laying off staff in this charming Australian comedy.

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

- 7th December** **Mrs Harris Goes to Paris** (2022) A widowed cleaning lady in 1950s London falls madly in love with a couture Dior dress and decides that she must have one of her own.

MARWAL CENTRE November/December

9 Marwal Ave, Balwyn North **Phone: 9880 4752**

Office Hours: Monday–Friday 9am–3pm (closed on public holidays)

Weekly Social Activity Programs and Services

MONDAYS

10.30am **North Balwyn Seniors**
Social and live music

THURSDAYS

10.00am **Exercise Classes** \$12/\$15

11.00am **Exercise Classes** \$12/\$15

12.00pm **Three-course Lunch** \$12/\$15

1.30pm **BC Connected – Tech Help** Free/\$10

FRIDAYS

9.00am **Hairdressing** (fortnightly) \$25–\$55

9.00am **Podiatry** (fortnightly) \$12/\$42

Meals on Wheels

Delivered to your home starting from **\$9.50/\$15.00**

Balwyn North area: phone **9880 4751**

Hawthorn and Kew area's: phone **9880 4750**

Community Bus Transport is available to Marwal Centre group activities. Cost **\$5** one way. Bookings required, terms & conditions apply.

Calendar of days, time & dates available at reception.



Christmas Lunch

AT MARWAL CENTRE

Join us for a special Christmas Lunch.
With a traditional three-course meal,
drinks, and festive fun!

12.15pm–2.30pm
Thursday **15th December**

BOOK
& pay by
FRIDAY 9TH
DECEMBER

\$25
BOOKINGS
ESSENTIAL



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. The second listed price is the unsubsidised fee.

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 January/February newsletter mail out at 1.30pm on December 21st 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 & activities.**

**SCAN TO
EXPLORE
the many
BASScare
services**



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.