

January/February 2023

STAYING CONNECTED

WITH YOUR
COMMUNITY

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

Maranoa Club

6 Faversham Road, Canterbury

Join us for a classic Australian barbie at our new outdoor space at the Maranoa Club! There'll be plenty of traditional Aussie favourites to eat plus cold drinks, singalongs and trivia.

Australia
Day **BBQ**

Wednesday
25th January 12.15 – 2.00pm

Live
music

\$25
BOOKINGS
ESSENTIAL

Please book & pay by Friday, 20th January. Transport: \$5 each way (booking required & conditions apply)

BOOKINGS
WEBSITE

9880 4709
basscare.org.au

FACEBOOK

 **BASScareAgedCare**

SCAN TO
DISCOVER

WHAT'S ON



Canterbury Centre
2 Rochester Road, Canterbury

Phone: 9880 4709

Office Hours: Monday–Friday 9am–3pm

CLOSED on public holidays

2023

2023 Return Dates: The Canterbury Centre will be closed from 3.30pm Friday 23rd December with programs & services resuming on Monday 9th January. Please speak to reception for full details on all your program return dates.

Weekly Social Activity Programs and Services

MONDAYS

Block 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 Classes & 11.15am	\$12/\$15
10.30am Learn Laugh and Lunch	\$15/\$30
12.30pm Three-course Lunch	\$12/\$15
1.30pm Movie	\$5/\$10
1.30pm Social Stitchers	\$5/\$10

THURSDAYS

10.00am Exercise Classes & 11.15am	\$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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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

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.

HAPPY NEW YEAR!

Welcome to BASScare's Staying Connected newsletter, where we let you know about the huge range of social activities and support services we offer.

We are excited to announce that the Marwal Centre in Balwyn North is undergoing refurbishment. The project will begin in early 2023 and is expected to take 3 to 6 months to complete. During this time BASScare's regular Marwal group activities will be relocated to a nearby location and we will be offering additional hairdressing and podiatry appointments at the Canterbury Centre. It will be fantastic to have a new, more functional space and we thank you for your patience and understanding whilst the works are taking place. We'll provide further updates and confirmation of arrangements once dates and details are finalised.

Over the Christmas break we also completed a new multi-purpose outdoor space at the Maranoa Club. This BASScare site is just around the corner from the Canterbury Centre and will be used for outdoor programs and as a special events space. Our Australia Day BBQ will be the

first event we host at the space, so be sure to book and check it out for yourself!

I'd like to say a special thank you and congratulations to Judy Russell, who will be stepping away from the 'Learn Laugh and Lunch' program after 7 years. Those of you who have attended a Wednesday morning session with Judy know the care and dedication she has put into her work and the positive influence she has had on the BASScare community.



MANY THANKS JUDY

Social Support programs and services will take a short break for the Christmas and New Year period. We'll close from Friday 23rd December and reopen Monday 9th January.

We look forward to seeing you in 2023!

Feedback & Suggestion Afternoon Tea

Join Elizabeth for an afternoon tea to share 2023 program and outing suggestions and ideas.

2.00pm Tuesday 31st January



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** from 12th January, at Canterbury Centre

12 week Exercise Physiologist led program FALLS PREVENTION

Keeping you stronger and
independent for longer

Group
Classes
with
MATT

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

**Book
Today**

weekly
classes starting

Tuesday
14th March 2023
1.30pm-2.30pm

Canterbury Centre,
2 Rochester Road,
Canterbury

Bookings/enquiries: 9880 4709 or email m.azzopardi@basscare.org.au

Cost: \$200 (subsidised) / \$450 (standard fee) T&C's apply Transport: \$5 each way (booking required)

VICTORIA PARK Seniors Outdoor Gym

EXERCISE SPECIAL

Join Bob for a special outdoor exercise class. Victoria Park has a range of exercise equipment designed for older people to help improve balance, strength, functional movement and a range of joint motion and mobility.

Cost: \$12, Transport: \$5 each way (booking required & conditions apply).



10.00–11.00am **Friday, 24th February** Victoria Park, 94 Adeney Ave, Kew

SPECIAL

PRESENTATION



Elder Rights Advocacy

Supporting your right to quality care

ERA (Elders Rights Advocacy Victoria) assists older people and their families in understanding the current aged care system, how to register for support and assist in resolving issues.

Join ERA advocate and educator Jane as she shares insights and information in how and where ERA can assist.

11.30am–12.30pm
Thursday
9th February

Canterbury Centre,
2 Rochester Road,
Canterbury

Cost: Gold coin donation
Transport: \$5 each way (booking required)

Stay for a delicious 3 course meal
at 12.30pm \$12/\$15



**Book
Today**



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

TUESDAY 10th 	Glenroy RSL Join us for a delicious seniors' meal at the Anzac Cove bistro at Glenroy RSL.	\$15/\$30 (plus lunch)
FRIDAY 13th 	Poyntons Garden Centre and Café, Essendon Come and explore Poynton's nursery and enjoy lunch in the Boulevard café overlooking the Maribyrnong River.	\$15/\$30 (plus lunch)
TUESDAY 17th 	1 in 20 Café, The Basin This friendly café is situated in the foothills of the Dandenongs and is named after the gradient of Mountain Highway up to Sassafras.	\$15/\$30 (plus lunch)
FRIDAY 20th 	Melbourne Gaol tour – Active Trip Join us for lunch at Sardi Café in Richmond then enjoy a one hour guided tour of the historic Melbourne Gaol. Tour finishes at 3pm.	\$27/\$42 (plus lunch)
TUESDAY 24th 	Templestowe Hotel Back by popular demand! Enjoy a meal from the extensive senior's menu at this popular destination.	\$15/\$30 (plus lunch)
FRIDAY 27th 	The Duck Inn, Marysville Enjoy a drive to the picturesque township of Marysville for a hearty bistro lunch using fresh local ingredients.	\$15/\$30 (plus lunch)
TUESDAY 31st 	Roxburgh Park Hotel, Coolaroo Join us for an international buffet with a huge array of culinary delights including an epic dessert selection!	\$37/\$52 (plus lunch)

BOROONDARA BLOKES – JANUARY

MONDAY 16th 	Scienceworks, Spotswood Join Rodney for a day of discovery at Scienceworks with lunch at the onsite café.	\$25/\$40 (plus lunch)
MONDAY 30th 	King Henry's Restaurant, Sassafras This converted guest house sits on 5 acres with a large deck overlooking beautiful gardens.	\$15/\$30 (plus lunch)



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

FRIDAY 3rd 	Blue Lotus Water Garden, Yarra Junction – Active Trip Immerse yourself in a sea of colour as we explore 14 acres of tropical gardens, waterlily lakes and wetlands. We will enjoy lunch at the café on site.	\$36/\$51 (plus lunch)
TUESDAY 7th 	Fountain Gate Hotel, Narre Warren Join us for a hearty meal at the Fountain Gate Hotel which boasts an enormous seasonal seniors menu, pub favourites and a large gaming lounge.	\$15/\$30 (plus lunch)
FRIDAY 10th 	Settlement Hotel, Cranbourne Join Elizabeth for a delicious meal and chat at this friendly pub in Cranbourne.	\$15/\$30 (incl. lunch)
TUESDAY 14th 	Cherry Hill Tavern, Doncaster East Enjoy a drink and tasty seniors' meal at this popular local establishment.	\$15/\$30 (plus lunch)
FRIDAY 17th 	BrandSmart outlet shopping, Nunawading – Active Trip Come and grab a bargain as we enjoy outlet shopping! Lunch will be at Space café, located in the Centre.	\$15/\$30 (plus lunch)
TUESDAY 21st 	Dromana RSL Join us for a tasty seniors' meal followed by a chat or a visit to the gaming lounge.	\$15/\$30 (plus lunch)
FRIDAY 24th 	NGV Alexander McQueen Fashion Showcase – Active Trip Explore the Alexander McQueen showcase featuring over 100 contemporary fashion pieces and sketches from the legendary designer. Lunch will be at the onsite NGV café.	\$43/\$58 (plus lunch)
TUESDAY 28th 	Xiang Garden Chinese restaurant, Whittlesea This will be our first trip to Whittlesea in over three years! Enjoy a scrumptious Chinese banquet followed by a visit to the Salvos op-shop.	\$15/\$30 (plus lunch)

BOROONDARA BLOKES – DECEMBER TRIPS

MONDAY 13th 	Kyneton RSL lunch and scenic drive	\$15/\$30 (plus lunch)
MONDAY 27th 	The Motorist Museum, Gembrook Explore some vintage and classic cars followed by lunch at the Hairy Dog Café.	\$17.50/ \$32.50 (plus lunch)

SPECIAL PRESENTATIONS

Music Always

with Arcadia Winds

Arcadia Winds is a wind quintet that celebrates both a classical repertoire and new works by Australian composers.

Arcadia Winds deliver inventive arrangements of music spanning the ages from ancient to the ever popular.

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

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

**Book
Today**

Presented in conjunction
with BASScare and

**MELBOURNE
RECITAL
CENTRE**

**Wednesday
8th February**

10.45am for
11.00am start



**FREE
concert**

Stay for a 3-course lunch afterwards at 12.30pm. \$12, bookings essential.



Information Sessions

Find the help you need with
**My Aged Care &
BASScare**

Join us for our monthly information sessions where we can help you understand what types of services are available.

Wherever you are on your aged care journey, My Aged Care and BASScare can help get you started.



**My Aged Care is your
starting point to access
government-funded
aged care services**

**Join us every
4th Wednesday of the month**

November 23rd	April 26th
January 25th	May 24th
February 22nd	June 28th
March 22nd	11AM - 12PM

131 Maling Road CANTERBURY

Op Shop outing

Are you into op shopping and enjoy a day fossicking in charity stores?

Join Rodney as we visit several Op Shops within the Whitehorse council. A quick lunch break will be at the JS café in Vermont South.

Monday **6th February**

\$15 | \$30
+ lunch

Learn, Laugh & Lunch
at Canterbury Centre
10.30am Wednesdays

\$15 | \$30

Learn, Laugh and Lunch, that's exactly what our welcoming group of participants, volunteers and staff is all about! Each Wednesday morning is a chance to share your interests and enjoy a wide variety of presentations in great company.

WEDNESDAY 11 th JANUARY	Some Like it Hot! A 'warm' welcome back to 2023. Come dressed in your summer clothes to welcome in the New Year. Have a chat about past and future New Year's resolutions.	
WEDNESDAY 18 th JANUARY	Chinese New Year 2023 Year of the Rabbit Hear about the history of Chinese migration in Australia and discuss Chinese New Year traditions.	
WEDNESDAY 25 th JANUARY	Sir John Monash Matthew Etty-Leal returns to tell us the life story of Sir John Monash. Sir John is highly regarded for his role as an Australian military commander in the First World War and his work as a civil engineer.	
WEDNESDAY 1 st FEBRUARY	Golden Days Radio Radio presenters Robert and Barry will delight us with stories of running a successful radio program and share their insight into what it takes to get a radio show on the air.	
WEDNESDAY 15 th FEBRUARY	Aspergers Awareness Learn about Autism (ASD) and Asperger's focusing on the daily joys and challenges of living with ASD.	
WEDNESDAY 22 nd FEBRUARY	Scouts Victoria Join us to celebrate Lord Baden Powell's birthday as we journey through the history of the Scouting movement from 1910 to today.	

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



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

- 11th January** **Suffragette** (2015) Inspired by true events, Suffragette explores the passion and heartbreak of those who risked their all for women's right to vote.
- 18th January** **The Painted Veil** (2006) A British doctor and his wife struggle to contain a cholera outbreak in a Chinese village in 1925. Filmed in China's stunning Guangxi province.
-
- 25th January** **NO MOVIE (Australia Day BBQ)**
-
- 1st February** **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.
- 8th February** **Sully** (2016) Shortly after take-off, an Airbus 320 crash-lands on the Hudson River. There are no fatalities, but the captain faces scrutiny and the glare of fame.
- 15th February** **I Used to be Famous** (2022) Vince, a washed up former popstar, forms an unexpected friendship with Stevie, a young autistic drummer.
- 22nd February** **Moonrise Kingdom** (2012) Set in 1965 on a New England island, a pair of 12 year olds run away, prompting the entire town, including the local Scout troupe, to begin a search.

Tech Help BC – Connected

We have one-to-one sessions with a BASScare volunteer to help you with anything technology related. Bring along your smartphone, tablet or laptop to a 1 hour appointment with Rubin or Jeff.

Bookings essential – 9880 4709

Appointments available

**Tuesdays &
Thursday**
afternoons

FREE | \$10

Canterbury Centre, 2 Rochester Rd, Canterbury

MARWAL CENTRE January/February

Marwal Centre

9 Marwal Ave, Balwyn North

Phone: 9880 4752

Office Hours: Monday–Friday 9am–3pm
CLOSED on public holidays

2023 Return Dates: The Marwal Centre will be closed from 3.30pm Friday 23rd December with programs & services resuming on Monday 9th January. Please speak to reception for full details on all your program return dates.

2023

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 areas: 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.



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 March/April newsletter mail out at 1.30pm on 22nd February 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.