

March/April 2023

# STAYING CONNECTED

## WITH YOUR COMMUNITY

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

## Music Always

with Hetty Kate

Hetty Kate is a charismatic and technically gifted jazz vocalist. Join us for a sentimental and swinging performance of music from the likes of Cole Porter, George Gershwin and songs made famous by Ella Fitzgerald, Frank Sinatra, Bobby Darin and Bing Crosby.

Wednesday  
**29th March**

10.45am for 11.00am start

Canterbury Centre,  
2 Rochester Road,  
Canterbury

Presented in conjunction  
with BASScare and  
**MELBOURNE  
RECITAL  
CENTRE**



**FREE**  
concert

**Book  
Today**

Please book by Friday, 24th March. Transport: \$5 each way (booking required & conditions apply)  
Stay for a 3 course lunch afterwards at 12.30pm for \$12.00, bookings essential

BOOKINGS  
WEBSITE

**9880 4709**  
[basscare.org.au](http://basscare.org.au)

SOCIALS

  [basscareagedcare](https://www.facebook.com/basscareagedcare)

SCAN TO  
DISCOVER

WHAT'S ON



BASScare's Social Support programs are aimed at connecting seniors in the community through social activities, special events and services that are relevant and beneficial to you. We aim to do this by providing a range of different options to meet the needs and interests of our 350+ clients and as always, we encourage you to give us your suggestions and feedback.

In January we had our first event at the new outdoor space at the Maranoa Club. Even the Melbourne weather was kind to us and it was a great afternoon had by all who attended.



**Maranoa Club Australia Day BBQ**

## Marwal Centre

The Marwal Centre renovations are well underway and we are on track for activities to be running there again by mid-year.

Thank you to all the regular Marwal goers that have been temporarily relocated to the **Gordon Barnard Pavilion and the Balwyn Leisure Centre building at 230 Balwyn Road, Balwyn North.**

I am excited to announce that we are expanding our Allied Health service. Sharrott House, located next to the Canterbury Centre, is gradually being converted to dedicated exercise and exercise physiology space. To help us make the most of this space we'll be adding another Exercise Physiologist to our team.

In this Autumn's program, you find our new monthly gardening workshops and our inaugural footy tipping competition! I'm really looking forward to participating in both myself, so make sure you get involved.

**Tom Edwards, Centre Manager Social Support**

## Staying Connected March/April 2023

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### We also offer:

- Group Exercise Classes
- Seniors Yoga
- Trivia & Learning Sessions
- Exercise Physiology
- Art & Pottery Classes
- Podiatry
- Three-course lunches
- Hairdressing
- Tech Help

To enquire about any of these activities and services please contact:

### Canterbury Community Centre

2 Rochester Road, Canterbury

**Office Hours:** Monday - Friday 9.00am - 3.30pm  
(closed Public Holidays)

**PHONE 9880 4709**

**EMAIL** [socialsupport@basscare.org.au](mailto:socialsupport@basscare.org.au)

**WEB** [basscare.org.au](http://basscare.org.au)



# Easter Lunch

Join us to celebrate Easter with a 3-course roast lunch, wine and some extra chocolate goodies!

Sunday  
**9th April**  
12.30pm

Canterbury Centre  
2 Rochester Road, Canterbury

Book  
Today

**\$15\***  
or **\$20\***  
with wine

Please book by Wednesday, 5th April. Transport: \$5 each way (bookings required & conditions apply)

## SOCIALS *Special!*

Follow BASScare on Facebook and/or Instagram to see activities and events for all BASScare services and get your next centre based activity for free!

See what happens on bus outings, special presentations and other activities.

All you need to do to qualify is show reception that you've followed us on Facebook or Instagram.

How to:

- Open Facebook/Instagram go to search bar
- Search BASScareAgedCare and click on the BASScare profile
- Click follow!

If you have any issues please ask reception for help.

\*One discount per client & max discount \$15.

For all of March & April 2023

GET YOUR NEXT CENTRE-BASED  
ACTIVITY FOR FREE.\*



 facebook

 Instagram



# Gardening Workshops

with *Martin*

NEW

\$5\*

## Propagating and Seeding Herbs & Vegetables

Learn how to grow new plants from cuttings and how to sow and propagate seeds and seedlings for the vegetable garden. Participants are encouraged to bring along their own cuttings, such as lavender, rosemary and other herbs.

Thursday  
**16th March**  
11.00am - 12.00pm



includes

A LIGHT MORNING TEA



## Composting for the Home Gardener

Learn how to use worm farms and compost bins to turn kitchen scraps and green waste into rich compost that can be put back into your garden soil.

Thursday  
**20th April**  
11.00am - 12.00pm

**Maranoa Club, 6 Faversham Rd, Canterbury**  
**Transport: \$5** each way (booking required & conditions apply).

SPECIAL PRESENTATION

## Food & Nutrition

ACCESS Health Clinical Dietician Simone, will be sharing her knowledge of food and nutrition. Topics covered will include the Australia Guide to Healthy Eating, low GI foods and tips on how to eat better as we grow older.



Thursday  
**9th March**  
11.30am – 12.30pm

SPECIAL PRESENTATION

## Fire Safety at Home

Did you know that more fires occur in the colder months? The Victorian Fire Rescue Team will explain why and provide important fire safety information for your home.



Thursday  
**13th April**  
11.30am – 12.30pm

Stay on after our special presentations or come for a meal amongst friends to enjoy a delicious **3 course lunch**

Canterbury Centre, 12.30pm

Monday – Thursday \$12\*

Sunday – Roast Lunch \$15\*

Call **9880 4709** for bookings

## Footy Tipping 2023

The 2023 AFL season is upon us so get in quick and register your name for our special footy tipping competition!

Your weekly tips can be submitted at the Canterbury Centre or over the phone with our volunteer footy tipping coordinator Karin.

Join us at the pre-season sign up day and enjoy a complimentary afternoon tea.

Thursday  
**9th March**  
2.30pm



**FREE ENTRY**  
Great prizes to be won!



OR register to receive a copy of the competition rules and the 2023 AFL fixture.  
Call **9880 4709**.

**Canterbury Centre 2 Rochester Road, Canterbury**  
Transport: \$5 each way (booking required & conditions apply).

# MARCH Outings

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

FRIDAY 3 <sup>rd</sup>	<b>Yum Cha at the Golden Palace, Templestowe</b> Join us for a delightful Chinese Yum Cha experience! This location comes highly recommended by multiple staff and clients	<b>\$15*</b> (plus lunch)
TUESDAY 7 <sup>th</sup>	<b>“Temperance” exhibition, Warburton Arts Centre</b> Explore local artist Ryan Tews' photographic and painting exhibition highlighting his love of rainforests. Lunch will be at the onsite café.	<b>\$15*</b> (plus lunch)
FRIDAY 10 <sup>th</sup>	<b>Tyabb Antique Market and Café, Tyabb – Active Trip</b> Join us for a day of antiquing and reminiscing over items discovered from your younger years. Enjoy a tasty lunch at the on-site café.	<b>\$15*</b> (plus lunch)
TUESDAY 14 <sup>th</sup>	<b>Lilydale Lake Picnic Outing, Lilydale – Active Trip</b> Enjoy a day at the iconic Lilydale Lake, which has been voted the BEST Park in Victoria! A picnic lunch will be provided by the amazing BASScare chefs.	<b>\$30*</b> (plus lunch)
FRIDAY 17 <sup>th</sup>	<b>Sandringham Hotel, Sandringham</b> Enjoy the water views at this friendly hotel bistro.	<b>\$15*</b> (plus lunch)
TUESDAY 21 <sup>st</sup>	<b>Dandenong Markets, Dandenong – Active Trip</b> As requested we are returning to the “Dandy” markets. Explore this undercover market which boasts over 80 stalls, including famous hot jam donuts, with lunch in the multicultural food hall.	<b>\$15*</b> (plus lunch)
FRIDAY 24 <sup>th</sup>	<b>CERES tour, Brunswick – Active Trip</b> Join us as we return to CERES with a personalised guided tour. Explore the site and enjoy a delicious lunch at the café with produce grown from the farm.	<b>\$27*</b> (plus lunch)
TUESDAY 28 <sup>th</sup>	<b>Epping RSL, Epping</b> Join us for a tasty seniors' meal followed by a chat or a visit to the gaming lounge.	<b>\$15*</b> (plus lunch)
FRIDAY 31 <sup>st</sup>	<b>Mont de Lancey Homestead, Wandin</b> Enjoy a tour of this beautiful homestead and garden. Lunch will be at the onsite café which overlooks the landscaped gardens.	<b>\$25*</b> (plus lunch)

## BOROONDARA BLOKES – MARCH OUTINGS

MONDAY 30 <sup>th</sup>	<b>Bodgo's Motorcycle Café, Blackburn</b> Join Rodney for a tasty meal and a chat amongst motorcycle memorabilia.	<b>\$15*</b> (plus lunch)
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# APRIL Outings

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

TUESDAY 4 <sup>th</sup>	<b>The Age Newspaper, Melbourne – Active Trip</b> Join Angus as he takes you on a tour of The Age. Meet Age staff and see what it takes to create a newspaper. Lunch provided care of The Age.	<b>\$15*</b> (plus lunch)
FRIDAY 7 <sup>th</sup>	<b>PUBLIC HOLIDAY</b>	
TUESDAY 11 <sup>th</sup>	<b>Robert Gordon Pottery and Cafe</b> Join us for a drive out to Pakenham as we roam the huge pottery store and café where Robert creates his amazing wares. Lunch is at the onsite cafe.	<b>\$15*</b> (plus lunch)
FRIDAY 14 <sup>th</sup>	<b>Australasian Quilt Spectacular, Melbourne – Active Trip</b> A once in a lifetime experience! View hundreds of handmade quilts with the theme of “blooming”. Lunch will be at the on-site café.	<b>\$37*</b> (plus lunch)
TUESDAY 18 <sup>th</sup>	<b>Olinda Creek Hotel, Olinda</b> Enjoy a tasty seniors' meal at this friendly Dandenong pub.	<b>\$15*</b> (plus lunch)
FRIDAY 21 <sup>st</sup>	<b>Fountains Training Restaurant, Box Hill Tafe</b> Enjoy a 3 course dining experience as delectable delights are prepared by TAFE's final year training chefs. Limited seating available...book now!	<b>\$40*</b> (incl. lunch)
TUESDAY 25 <sup>th</sup>	<b>PUBLIC HOLIDAY</b>	
FRIDAY 28 <sup>th</sup>	<b>The Happy Chinese Restaurant, Tecoma</b> Join is for a drive to the Dandenongs to enjoy a delicious meal from this new outing venue which has rave google reviews.	<b>\$15*</b> (plus lunch)

## BOROONDARA BLOKES – APRIL OUTINGS

MONDAY 24 <sup>th</sup>	<b>The Old England Hotel, Heidelberg</b> Enjoy a delicious meal and a chat as we venture to this iconic Melbourne hotel.	<b>\$15*</b> (plus lunch)
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\* Most of BASScare's Social Support clients are eligible for the Commonwealth Home Support Program subsidy. The prices listed in this newsletter are the subsidised price. To receive this subsidy you will need a My Aged Care number and referral.

**For more information and bookings please phone Canterbury Centre reception on 03 9880 4709 and speak to our Client Liaison Officers.**



## MONDAY SHOPPING TRIPS – MONTHLY OUTING

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

<p>MONDAY 20<sup>th</sup> MARCH</p>	<p><b>Op Shopping – Active Trip</b> Join us for a trip to the ENORMOUS Savers and Brotherhood of St Lawrence opportunity stores in Greensborough. Lunch will be at the popular La Porchetta restaurant.</p>	<p><b>\$15*</b> (plus lunch)</p>
<p>MONDAY 17<sup>th</sup> APRIL</p>	<p><b>Outlet Shopping – Active Trip</b> Join us for a trip to the outlet shops in Ringwood, including the huge Millers and Rivers stores. Enjoy lunch at the Mitcham Hotel beforehand.</p>	<p><b>\$15*</b> (plus lunch)</p>

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

STAY FIT WITH

## Exercise Physiology

Book a one-to-one session with an experienced Exercise Physiologist who will conduct a detailed health assessments and then take you through a personalised exercise program to help you meet your health and wellbeing goals.

Call **9880 4709** for bookings



New appointment times available!

FIND THE HELP YOU NEED WITH

## My Aged Care and BASScare

We hold information sessions on the 4th Wednesday of every month from 11am to 12pm at the BASScare shop at 131 Maling Road, Canterbury.

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 you get started.

**My Aged Care is your starting point to access government funded services.**

**FREE  
ADVICE**

Join us next on  
**Wednesday  
22nd March  
& 16th April**  
11.00am – 12.00pm

**BASScare Shop  
131 Maling Road  
Canterbury**



## LEARN, LAUGH & LUNCH AT CANTERBURY COMMUNITY CENTRE

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.

Wednesdays  
from 10.30am

\$15\*

come along and try

FIRST SESSION FREE

WEDNESDAY 1 <sup>st</sup> MARCH	<b>Box Hill City Archers</b> Learn all about Archery with our keynote speaker Leonie and how Archery has evolved from a hunting to leisure activity.
WEDNESDAY 8 <sup>th</sup> MARCH	<b>Labour Day – Gold in Victoria</b> Matthew Ety-Leal returns to tell us about the Victorian Gold Rush era and how it transformed the Australian colonies.
WEDNESDAY 15 <sup>th</sup> MARCH	<b>Journey of a Lost Manuscript</b> Bookshop owner Lorraine Smith reveals her research into the 16th century parchment found inside a copy of Alice in Wonderland. A fascinating true Story!
WEDNESDAY 22 <sup>nd</sup> MARCH	<b>Greece Independence Day</b> Come along to hear about Trish's travelling experience in Greece from ancient ruins to modern day including special tasty Greek treats.
WEDNESDAY 29 <sup>th</sup> MARCH	<b>FREE Concert</b> <b>Music Always with Hetty Kate</b> presented in conjunction with BASScare and Melbourne Rectial Centre. <b>BOOKINGS REQUIRED</b>
WEDNESDAY 5 <sup>th</sup> APRIL	<b>World Health Day</b> Learn about World Health Day and discuss the fascinating mandatory requirements of Australian food labelling laws.
WEDNESDAY 12 <sup>th</sup> APRIL	<b>Western Water – Virtual Tour</b> Go behind the scenes of the Western Treatment Plant with our virtual tour!
WEDNESDAY 19 <sup>th</sup> APRIL	<b>Melbourne's Calligraphy Society</b> Our guest speaker Sally Diserio will talk about the joys of Calligraphy.
WEDNESDAY 26 <sup>th</sup> APRIL	<b>Dame Nellie Melba</b> Matthew Ety-Leal shares the colourful life of Australian soprano Dame Nellie Melba.

**Canterbury Centre 2 Rochester Road, Canterbury**

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

# ENTERTAINMENT AT CANTERBURY CENTRE

## CARDS & GAMES

\$5\*

### MONDAYS

#### MAHJONG

1.30pm

6th & 20th March

17th & 24th April

### THURSDAYS

#### BINGO!

11.30am

2nd & 16th March

6th April

#### SCRABBLE

1.30pm

2nd & 16th March

6th & 20th April



## WEDNESDAY AFTERNOON MOVIES – CANTERBURY CENTRE

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

- |            |   |
|------------|---|
| 1st March  | <b>Robin Hood: Men in Tights</b> (1993) Mel Brook's classic adventure/comedy take on the Robin Hood myth.   |
| 8th March  | <b>The Mystery of the Hansom Cab</b> (2012) This murder-mystery brings colonial Melbourne to life in glorious detail.   |
| 15th March | <b>The Last Letter from your Lover</b> (2021) After finding a trove of love letters from a 1965, reporter sets out to solve the mystery of a secret affair.                       |
| 22nd March | <b>Grumpier Old Men</b> (1995) Romantic comedy starring Jack Lemmon, Walter Matthau, Sophia Loren and Ann-Margaret.   |
| 29th March | <b>Matilda: The Musical</b> (2022) Emma Thompson stars as a bullying headmistress in this musical about a little girl born to do big things!                                      |
| 5th April  | <b>What the Health</b> (2017) Documentary examining the link between diet and disease and the billions of dollars at stake in the healthcare, pharmaceutical and food industries. |
| 12th April | <b>The Man from Snowy River</b> (1982) Australian classic set in the Victorian high country.  |
| 19th April | <b>The Wonder</b> (2022) Psychological drama set in The Irish Midlands in 1862, the story follows a young girl who stops eating but remains miraculously alive and well.          |
| 26th April | <b>Finding Neverland</b> (2004) Set in London in 1903, this charming film is based on the life of JM Barrie, author of Peter Pan  |

**Canterbury Centre 2 Rochester Road, Canterbury**

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

# FRIDAY *flicks*



**Book Today**

**\$15\***

Join us once a month for a Friday morning movie. These iconic longer play films will be broken with an intermission for a light lunch and also include a tea/coffee and ice-cream.

includes	
<b>MOVIE</b> with <b>INTERMISSION</b>	<b>+</b>
light lunch tea/coffee ice-cream	

31<sup>st</sup> March 10.30am

## ELVIS (2022)

Baz Luhrmann's glitzy biopic about music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker.



28<sup>th</sup> April 10.30am

## GONE WITH THE WIND (1939)

Epic American Civil War romance starring Vivien Leigh and Clark Gable, adapted from the 1936 novel by Margaret Mitchell.



**Canterbury Centre 2 Rochester Road, Canterbury**

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

## MARWAL CENTRE MARCH / APRIL

**The Marwal Community Centre is closed for refurbishment.**

All programs have been relocated to **The Gordon Barnard Reserve Pavilion** and the **Balwyn Leisure Centre, 230 Balwyn Rd, Balwyn North.**

For more information or details please call 9880 4752.





## **\*Social Activity Program Fees – Terms & Conditions**

Most of BASScare's Social Support clients are eligible for the Commonwealth Home Support Program subsidy. The prices listed in this newsletter are the subsidised price. To receive this subsidy you will need a My Aged Care number and referral.

**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 May/June newsletter mail out at 11am on Friday the 21st of April 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 & 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.