BASScare — MAY 2023

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
1 10.00am Art Class 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong 1.30pm BC–Connected – Tech Help	**2** Day Trip **Lower Plenty RSL, Lower Plenty** 9:00am 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	**3** 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie	**4** 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 12.30pm Lunch 1.30pm BC–Connected – Tech Help 1.30pm SCRABBLE 1.30pm Seniors Yoga 2.00pm Pottery	**5** Day Trip **Row Your Boat Seafood Bistro, Berwick** 9.00am Hairdresser 9.00am Podiatry (Marwal) 9.00am Exercise Physiology	**6**	**7** 12.15pm Royal Coronation High Tea
8 Day Trip **Boroondara Blokes Williamstown Cannons lunch at the Victoria Inn** 10.00am Art Class 12.30pm Lunch 1.30pm Brain Games 1.30pm BC–Connected – Tech Help	**9** Day Trip **Warrandyte Stonehouse Café, Warrandyte** 9:00am 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	**10** 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie	**11** 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.30am Special Presentation 12.30pm Lunch 1.30pm BC–Connected – Tech Help 1.30pm OXFORD SCRABBLE 1.30pm Seniors Yoga 2.00pm Pottery	**12** Day Trip **South Melbourne Market, South Melbourne** 9.00am Hairdresser (Marwal) 9.00am Podiatry 9.00am Exercise Physiology	**13**	**14**
15 Day Trip **Special Op Shop Outing, Greensborough** 10.00am Art Class 12.30pm Lunch 1.30pm Brain Games 1.30pm Mahjong 1.30pm BC–Connected – Tech Help	**16** Day Trip **Monash Art Gallery, Wheelers Hill** 9:00am 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	**17** 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie	**18** 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.00am Gardening Workshop (Maranoa Club) 12.30pm Lunch 1.30pm BC–Connected – Tech Help 1.30pm SCRABBLE 2.00pm Seniors Yoga 2.00pm Pottery	**19** Day Trip **Yangs Chinese Restaurant, Ringwood** 9.00am Hairdresser 9.00am Podiatry (Marwal) 9.00am Exercise Physiology	**20**	**21**
22 Day Trip **Boroondara Blokes Hogs Breath Café, Karingal** 10.00am Art Class 12.30pm Lunch 1.30pm Brain Games 1.30pm BC–Connected – Tech Help	**23** Day Trip 9:00am Exercise Physiology **Box Hill RSL, Box Hill** 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC–Connected – Tech Help 1.30pm Falls Prevention	**24** 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie	**25** 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 12.30pm Lunch 1.00pm Client afternoon tea 1.30pm BC–Connected – Tech Help 1.30pm OXFORD SCRABBLE 1.30pm Seniors Yoga 2.00pm Pottery	**26** Day Trip **Franks Cakes Café, Knoxfield** 9.00am Hairdresser (Marwal) 9.00am Podiatry 9.00am Exercise Physiology 10.30am Friday Flicks Movie Group	**27**	**28**
29 10.00am Art Class 12.30pm Lunch 1.30pm Brain Games 1.30pm BC–Connected – Tech Help	**30** Day Trip 9:00am Exercise Physiology **Altona Homestead, Altona** 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC–Connected – Tech Help 1.30pm Falls Prevention	**31** 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.15pm Italian Day Lunch 1.30pm Social Stitchers 1.30pm Movie				

Bookings essential for all activities 9880 4709

Exercise Classes*

Novice = (*N)	Tuesdays
Intermediate = (*I)	Wednesdays & Thursdays
Advanced = (*A)	Wednesdays & Thursdays

Royal Coronation High Tea
KING CHARLES III CORONATION · 6TH MAY 2023
Sunday 7th May 12.15 – 2.30pm
Book Today
$30 includes food & drinks

BASScare

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Bookings Essential 9880 4709

Canterbury Centre, 2 Rochester Road, Canterbury.

Marwal Centre, 9 Marwal Avenue, Balwyn North.

Maranoa Club, 6 Faversham Road, Canterbury.

JUNE 2023

Italian Day
Wednesday **31st May**
12.15 – 1.30pm
Canterbury Centre, 2 Rochester Road, Canterbury

$25 includes food & drinks

Book Today

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
			1 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 12.30pm Lunch 1.30pm BC–Connected – Tech Help 1.30pm SCRABBLE 1.30pm Seniors Yoga 2.00pm Pottery	**2** **Day Trip** **Brickworks Shopping Plaza, Burwood** 9.00am Hairdresser 9.00am Podiatry (Marwal) 9.00am Exercise Physiology	**3**	**4**
5 **Day Trip** **Boroondara Blokes Coldstream Brewery and Tavern, Coldstream** 10.00am Art Class 12.30pm Lunch 1.30pm Brain Games 1.30pm BC–Connected – Tech Help 1.30pm Mahjong	**6** **Day Trip** **Grassland Bistro, Yarrambat** 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	**7** 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie	**8** 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.30am Special Presentation 12.30pm Lunch 1.30pm BC–Connected – Tech Help 1.30pm OXFORD SCRABBLE 1.30pm Seniors Yoga 2.00pm Pottery	**9** **Day Trip** **Tivoli Road Gourmet Deli & Bakery, South Yarra** 9.00am Hairdresser (Marwal) 9.00am Podiatry 11.00am Exercise Physiology	**10**	**11**
12 OFFICE CLOSED KING'S BIRTHDAY Public Holiday	**13** **Day Trip** **Wantirna Club, Wantirna** 9:45am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC–Connected – Tech Help	**14** 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie	**15** 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 11.00am Gardening Workshop (Maranoa Club) 12.30pm Lunch 1.30pm BC–Connected – Tech Help 1.30pm SCRABBLE 2.00pm Seniors Yoga 2.00pm Pottery	**16** **Day Trip** **Frankston Arts Centre** 9.00am Hairdresser 9.00am Podiatry (Marwal) 9.00am Exercise Physiology	**17**	**18**
19 **Day Trip** **Boroondara Blokes Moorrabin Air Museum, Moorrabin** 10.00am Art Class 12.30pm Lunch 1.30pm Brain Games 1.30pm BC–Connected – Tech Help 1.30pm Mahjong	**20** **Day Trip** **The Squatting Frog Nursery, Narre Warren** 9:45am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC–Connected – Tech Help	**21** 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie 1.30pm Mail Out Working Bee	**22** 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 12.30pm Lunch 1.30pm BC–Connected – Tech Help 1.30pm OXFORD SCRABBLE 1.30pm Seniors Yoga 2.00pm Pottery	**23** **Day Trip** **Montsalvat tour, Eltham** 9.00am Hairdresser (Marwal) 9.00am Podiatry 11.00am Exercise Physiology	**24**	**25**
26 **Day Trip** **Special Outlet Shopping Black Pepper, Dandenong** 10.00am Art Class 12.30pm Lunch 1.30pm Brain Games	**27** **Day Trip** **Greensborough RSL, Greensborough** 9:45am Exercise Physiology 10.00am Exercise Class (*N) 11.15am Exercise Class (*N) 12.30pm Lunch 1.30pm BC–Connected – Tech Help	**28** 10.00am Exercise Class (*I) 11.00am Exercise Class (*A) 10.30am Lifelong Learning Group 12.30pm Lunch 1.30pm Social Stitchers 1.30pm Movie	**29** 10.00am Exercise Class (*A) 10am /11.00am Exercise Class (*I) (Marwal) 12.30pm Lunch 1.30pm BC–Connected – Tech Help 1.30pm Seniors Yoga 2.00pm Pottery	**30** **Day Trip** **Fortnums Restaurant, Sassafrass** 9.00am Hairdresser 9.00am Podiatry (Marwal) 10.30am **Friday Flicks Movie Group** 11.00am Exercise Physiology	**1**	**2**

*Prices listed are for recipients of the Commonwealth Home Support Program subsidy. To receive this subsidy you will need a My Aged Care number and referral. Please call **9880 4709** to be advised of the standard cost.*