

May/June 2023

# STAYING CONNECTED

## WITH YOUR COMMUNITY

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



## Royal Coronation

### HIGH TEA

Celebrate the coronation of King Charles with a British themed high tea with bubbles, sweet and savoury delights. We will be playing all the highlights of the coronation so come dressed to impress as we share in this momentous occasion.

Canterbury Centre,  
2 Rochester Road,  
Canterbury

Sunday  
**7th May** 12.15 – 2.30pm

**\$30**  
includes  
food &  
drinks

**Book  
Today**

Please book by Monday 1st May. Transport: \$5 each way (booking required & conditions apply)

BOOKINGS **9880 4709**  
WEBSITE [basscare.org.au](http://basscare.org.au)  
SOCIALS   [basscareagedcare](https://www.facebook.com/basscareagedcare)

SCAN TO  
DISCOVER

WHAT'S ON



Welcome to our May–June issue of ***Staying Connected with your Community.*** As always there is plenty happening including a once in a generation coronation event that is sure to be something special.

*I'd like to give a special BASScare welcome to Michelle!*

You should have all received a letter recently advising you of the change to payments options. From July onwards, we will no longer be taking payments on the day but instead you will all be receiving a monthly statement with your charges that can be paid by direct debit, in person or over the phone at reception. Please come and have a chat to us if you have any questions or concerns about the new payment arrangements.

**Tom Edwards,**  
Centre Manager Social Support



*Hi, I'm Michelle, the new Accredited Exercise Physiologist.*

I believe that an excellent quality of life results from healthy relationships, a curiosity about the world, and leading an active life.

I have recently returned from living in Mauritius with my husband and two children. Whilst there I worked in private practice, tasted amazing food and explored mountains and lagoons with wonderful locals and ex-pats. If you haven't met me yet, please come and say "hello"; I love to meet new people and hear their stories.

### Staying Connected May/June 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)

# Italian Day

Ciao! Join us as we celebrate all things Italian. There will be plenty of vino, pizza, pasta and of course gelato.

Wednesday  
**31st May**  
12.15-1.30pm

Canterbury Centre  
2 Rochester Road,  
Canterbury

**Book Today**

**\$25**  
includes  
food &  
drinks

*Also today:*

**Special Presentation  
on Italy 10.30am**

**Italian themed Movie  
'Love and Gelato' 1.30pm**

Please book by Wednesday, 24th May. Transport: \$5 each way (bookings required & conditions apply)

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  
24th May  
& 28th June**  
11.00am – 12.00pm

**BASScare Shop  
131 Maling Road  
Canterbury**



# Gardening Workshops

with *Martin*

NEW

\$5\*

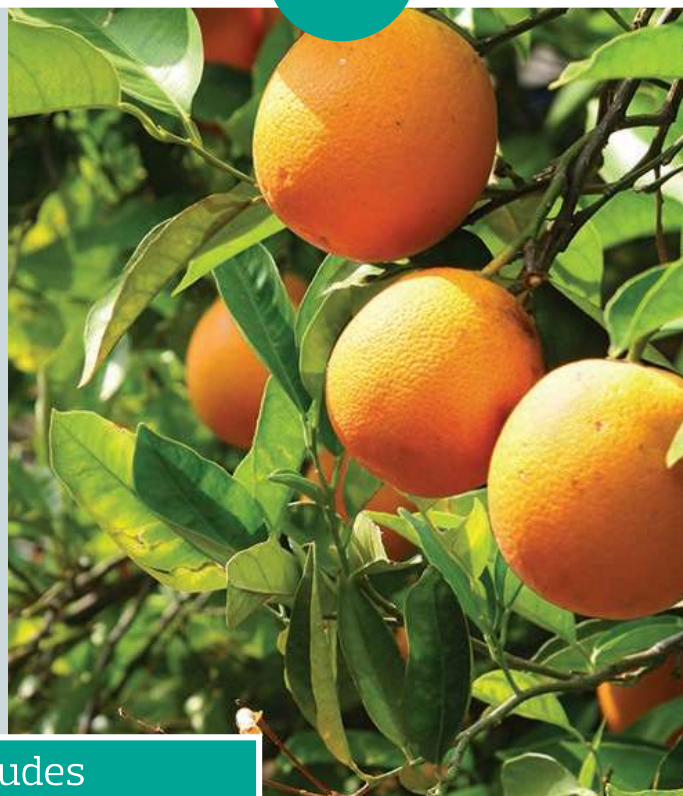
## Planting Fruit Trees

Have you ever wondered how to plant a fruit tree that will bear fruit for years to come?

Join Martin in this hands-on session where you will plant a fruit tree and learn how to care for it.

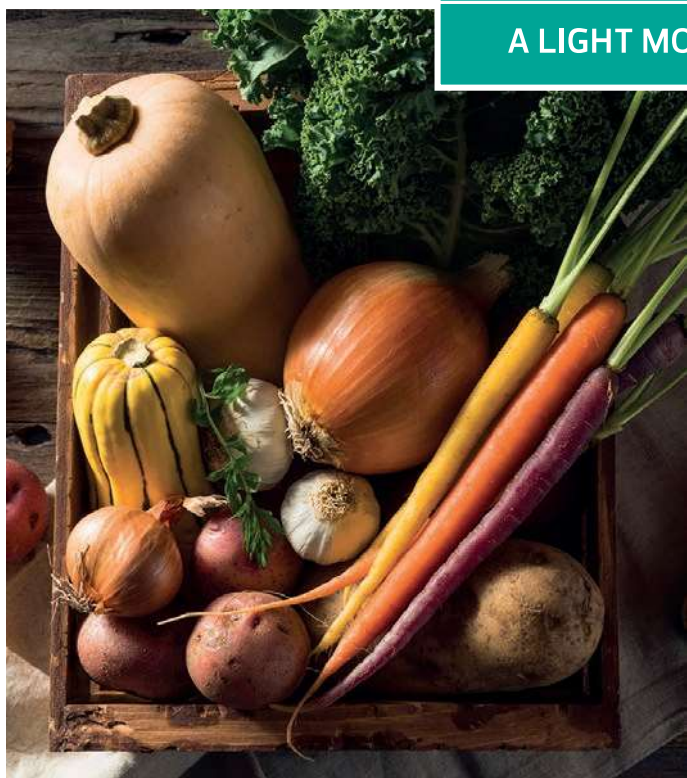
Thursday  
**18th May**

11.00am – 12.00pm



includes

A LIGHT MORNING TEA



## Growing Fresh Vegetables in Winter

In this session, participants will learn how to plant seedlings and sow seeds in raised planter boxes along with how to use liquid fertilisers and compost to grow strong fresh vegetables.

Thursday  
**15th June**

11.00am – 12.00pm

**Maranoa Club, 6 Faversham Rd, Canterbury**

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

SPECIAL PRESENTATION

# Crohns and Colitis Awareness Inflammatory Bowel Disease



May is Crohns and Colitis awareness month. Two in a 100 people suffer from inflammatory bowel issues and the number is growing each year. Join us for an informative session as a senior member of the C & C team shares with us the need to be vigilant in our awareness of inflammatory bowel issues.



Thursday  
**11th May**  
11.30am – 12.30pm

SPECIAL PRESENTATION

# Blind Sports Victoria



Rachel from Blind Sports Victoria will be speaking on how being sight impaired doesn't reduce participation within the sporting arena.



Thursday  
**8th June**  
11.30am – 12.30pm

**Canterbury Centre 2 Rochester Road, Canterbury**

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

## Victorian Government Energy Comparison 2023

# Receive a **\$250** **Power Saving**



To qualify you just need:

- ➔ a recent electricity bill
- ➔ to be the listed account holder
- ➔ your bank account details (BSB, account number & account name)



Register at  
Victorian Energy compare website:

[www.compare.energy.vic.gov.au](http://www.compare.energy.vic.gov.au)



### Need assistance?

Drop in to 131 Maling Road or 2 Rochester Road to book a 1-to-1 session with a volunteer

\* 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.

TUESDAY 2 <sup>nd</sup>	<b>Lower Plenty RSL, Lower Plenty</b> Enjoy something tasty from the extensive seniors' menu at this recently refurbished venue.	<b>\$15*</b> (plus lunch)
FRIDAY 5 <sup>th</sup>	<b>Row Your Boat Fish Bar, Berwick</b> Fancy a delicious seafood lunch? This venue brings a new approach to classic fish & chips, and also serves fresh seasonal salads and delicious handmade burgers.	<b>\$15*</b> (plus lunch)
TUESDAY 9 <sup>th</sup>	<b>Stonehouse Café, Warrandyte</b> Enjoy a casual lunch in a bushland setting, then browse the goods in the providore or gift shop next door.	<b>\$15*</b> (plus lunch)
FRIDAY 12 <sup>th</sup>	<b>South Melbourne Markets, South Melbourne – Active Trip</b> Join Elizabeth as we explore this famous market. There is so much to see, do and eat – make sure you wear your comfortable shoes!	<b>\$15*</b> (plus lunch)
TUESDAY 16 <sup>th</sup>	<b>Monash Gallery of Art, Wheelers Hill</b> Enjoy a private guided tour as we view the 100 Faces exhibition. Lunch will be at the MGA café located on site.	<b>\$15*</b> (plus lunch)
FRIDAY 19 <sup>th</sup>	<b>Yangs Chinese Restaurant, Ringwood</b> This restaurant comes highly recommended by a BASScare client. Yang's offers a full Chinese culinary experience including a vast array of handmade dumplings.	<b>\$15*</b> (plus lunch)
TUESDAY 23 <sup>rd</sup>	<b>Box Hill RSL, Box Hill</b> Join us for a tasty seniors' menu at this friendly and modern RSL. A great day out!	<b>\$15*</b> (plus lunch)
FRIDAY 26 <sup>th</sup>	<b>Frank's Cakes and Café, Knoxfield</b> Fancy a day out where you can enjoy a light lunch and then something sweet and decadent? All cakes and desserts are made on the premises by Pastry Chef Robert.	<b>\$15*</b> (plus lunch)
TUESDAY 30 <sup>th</sup>	<b>Altona Homestead – Active Trip</b> Step back in time as we visit the Altona homestead: a heritage listed 1880s property. Lunch will be prior at the Rockabye Café.	<b>\$22*</b> (plus lunch)

## BOROONDARA BLOKES – MAY OUTINGS

MONDAY 8 <sup>th</sup>	<b>The Cannons, Williamstown</b> View the historic cannons followed by lunch at The Victoria Inn in Williamstown.	<b>\$15*</b> (plus lunch)
MONDAY 22 <sup>nd</sup>	<b>Hog's Breath Café, Karingal</b> Join Rodney for a delicious meal at this friendly steakhouse and saloon bar near Frankston.	<b>\$15*</b> (plus lunch)

To receive the subsidised price you will need a My Aged Care number and referral.

FRIDAY 2 <sup>nd</sup>	<b>Brickworks Shopping Centre, Burwood</b> Some of our clients have requested a visit to this new shopping centre to explore the various artisan stores housed within. Lunch will be onsite at the Norwood café	<b>\$15*</b> (plus lunch)
TUESDAY 6 <sup>th</sup>	<b>The Grass Lands Bistro, Yarrambat</b> Enjoy lunch in the picturesque grounds of the Yarrambat golf course	<b>\$15*</b> (plus lunch)
FRIDAY 9 <sup>th</sup>	<b>Tivoli Road Gourmet Cafe and Bakery, South Yarra</b> Enjoy something tasty from this popular bakery known for their roast chicken sandwiches, buttery croissants and crème brulee filled doughnuts.	<b>\$15*</b> (plus lunch)
TUESDAY 13 <sup>th</sup>	<b>Wantirna Club, Wantirna</b> Enjoy a tasty seniors' meal and a visit to the gaming lounge at this friendly venue.	<b>\$15*</b> (plus lunch)
FRIDAY 16 <sup>th</sup>	<b>Golden! Musical Theatre at Frankston Arts Centre</b> Enjoy a treasure trove of Hollywood and Broadway's most-loved soundtracks and iconic music moments performed by vocalists Luke Kennedy and Irena Lysiuk, accompanied by piano virtuoso Damian Sim. A delicious two course meal will be served prior to the performance.	<b>\$58*</b> (incl. lunch)
TUESDAY 20 <sup>th</sup>	<b>The Squatting Frog Nursery, Narre Warren</b> Explore this large plant nursery and enjoy a tasty lunch at the onsite Café Coffea.	<b>\$15*</b> (plus lunch)
FRIDAY 23 <sup>rd</sup>	<b>Montsalvat, Eltham – Active Trip</b> Join us as we take a tour of Australia's oldest artist colony. Lunch will be onsite at the Boulevard Restaurant located in the picturesque main building.	<b>\$25*</b> (plus lunch)
TUESDAY 27 <sup>th</sup>	<b>Greensborough RSL, Greensborough</b> This RSL comes highly recommended by our volunteer Kath. Join us for a delicious seniors' meal and a great day out!	<b>\$15*</b> (plus lunch)
FRIDAY 30 <sup>th</sup>	<b>Fortnum's Restaurant, Sassafrass</b> A stunning English style restaurant complete with bay windows overlooking the ranges and picturesque garden. Fortnum's offers a delicious English style seasonal menu.	<b>\$15*</b> (plus lunch)

## BOROONDARA BLOKES – JUNE OUTINGS

MONDAY 5 <sup>th</sup>	<b>Coldstream Brewery and Tavern</b> Join Rodney as we venture to Coldstream for a hearty pub lunch.	<b>\$15*</b> (plus lunch)
MONDAY 19 <sup>th</sup>	<b>Moorabbin Air Museum, Moorabbin</b> Join our friendly group of blokes as we explore the air museum and enjoy lunch at the onsite café.	<b>\$15*</b> (plus lunch)



## MONDAY SHOPPING TRIPS – MONTHLY OUTING

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

<p>MONDAY 15<sup>th</sup> MAY</p>	<p><b>Op Shopping – <i>Active Trip</i></b> Bayswater is fast becoming an op-shopping mecca. Join us as we explore Vinnies and Salvos with lunch at the Montano Café.</p>	<p><b>\$15*</b> (plus lunch)</p>
<p>MONDAY 26<sup>th</sup> JUNE</p>	<p><b>Outlet Shopping – <i>Active Trip</i></b> Find a bargain at the enormous Black Pepper outlet in Dandenong. Lunch will be at the Sunny and Thor café (who specialise in gourmet toasties).</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 assessment 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!

## Client Afternoon Tea

Join Elizabeth for a complimentary afternoon tea to share your suggestions and feedback that will help shape future programs, events and outings.

**Canterbury Centre**  
2 Rochester Road, Canterbury

HAVE A  
SAY

Join us on  
**Thursday**  
**25th May**  
1.00pm

## Enjoy a delicious 3 course lunch

Stay on after our special presentations or come for a meal amongst friends.

**Canterbury Centre, 12.30pm**  
Monday – Thursday \$12\*

Call **9880 4709** for bookings



# LIFELONG LEARNING GROUP AT CANTERBURY COMMUNITY CENTRE

Lifelong Learning keeps our brains active and healthy while enriching our lives. Every week enjoy a different themed topic and speaker.

Come along and share your special interests with others. Stay for lunch afterwards and enjoy the conversation with our friendly group.

Wednesdays  
from 10.30am

\$15\*

come along and try

**FIRST SESSION FREE**

WEDNESDAY 3 <sup>rd</sup> MAY	<b>Armchair Travel to Peru</b> BASScare's Jane will share her travelling experiences of Peru focusing on the historic and scenic Machu Picchu; an ancient Inca ruin, Cusco and the Andes mountains, with photos and experiences.
WEDNESDAY 10 <sup>th</sup> MAY	<b>Poetry in a changing world</b> Our local poet and photographer, Gab Greig, will entertain you with excerpts from her two poetry books: 'Re-framing', and 'Towards Clarity'.
WEDNESDAY 17 <sup>th</sup> MAY	<b>Paddle Victoria</b> Mark, Executive Officer at Paddle Victoria Club, will join us to share the passion of canoeing. Mark will cover the fascinating history of canoes, explain the different types and perhaps inspire you to take to the water!
WEDNESDAY 24 <sup>th</sup> MAY	<b>Talent Management</b> Founder of HSM, Henrie Stride will talk about her celebrity talent management agency. She is always looking for new and creative ways to help clients and brands succeed in media and the creative arts.
WEDNESDAY 31 <sup>st</sup> MAY	<b>Italian National Day</b> Come along to celebrate Italian National Day with some traditional food, music, fun activities and quizzes about Italy. We will discuss travelling around Italy, explore famous landmarks and learn about its fascinating history.
WEDNESDAY 7 <sup>th</sup> JUNE	<b>John Gorton</b> Matthew ETTY-Leal returns to tell us about John Gorton, the 19th Prime Minister of Australia representing the Liberals. Matthew will discuss John's life history and challenges during his political career.
WEDNESDAY 14 <sup>th</sup> JUNE	<b>Pierre Bonnard – French artist</b> NGV – Gallery Visits You presents Pierre Bonnard – a French painter, illustrator and printmaker, known especially for the stylised decorative qualities of his paintings and his bold use of colour. <i>Followed by King Charles' Birthday celebration.</i>
WEDNESDAY 21 <sup>st</sup> JUNE	<b>A Treasure-trove of Aussie Humour</b> We welcome Barry Gomm to entertain us on Aussie Humour in the 1930–40's, in the form of cartoon strips featured in the local press. This talk details the artists who drew these gems of uniquely Australian humour, attitudes and expressions.
WEDNESDAY 28 <sup>th</sup> JUNE	<b>Images of Tokyo</b> Explore Tokyo through the eyes of our resident artist Rodney (bus driver). Rodney will share images and stories from his recent trip to Tokyo.

**Canterbury Centre 2 Rochester Road, Canterbury**

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

## ENTERTAINMENT AT CANTERBURY CENTRE

### CARDS & GAMES

FIRST SESSION FREE

\$5\*

#### MONDAYS

##### MAHJONG

1.30pm

1st & 15th May

5th & 19th June

#### THURSDAYS

##### SCRABBLE

1.30pm

4th & 18th May

1st & 15th June

##### OXFORD SCRABBLE

1.30pm

11th & 25th May

8th & 22nd June



## WEDNESDAY AFTERNOON MOVIES – CANTERBURY CENTRE

Join us for a film or documentary each Wednesday afternoon at 1.30pm. **Cost: \$5**

3rd May	<b>Blue Miracle</b> (2021) To save their cash-strapped Mexican orphanage, a guardian and his kids partner with a washed-up boat captain for a chance to win a lucrative fishing competition.
10th May	<b>Becoming</b> (2020) A fascinating documentary about the former First Lady of the United States, Michelle Obama, based on her best-selling book.
17th May	<b>True Spirit</b> (2023) Tells the story of Australian Jessica Watson, 16, who became the youngest solo sailor to circumnavigate the world in 2009.
24th May	<b>Looking for Alibrandi</b> (2000) This charming Australian film charts a challenging year in the life of a seventeen-year-old girl, (stars HSM client, Pia Miranda).
31st May	<b>Love and Gelato</b> (2022) Lina makes a promise to her sick mother that she'll spend the summer before college in Rome, where she falls for the city, the people & gelato.
7th June	<b>Rams</b> (2020) Australian comedy/drama about two estranged brothers who must set aside their differences when a lethal illness threatens their flocks of sheep.
14th June	<b>Elizabeth &amp; Margaret: Love and Loyalty</b> (2020) An intimate look at the complex and widely misunderstood relationship between Queen Elizabeth II & Princess Margaret.
21st June	<b>The Dish</b> (2000) Classic Australian yarn about the Parkes Observatory's role in relaying live television coverage of the historic moon landing in 1969.
28th June	<b>Gifted Hands: The Ben Carson Story</b> (2009) Based on the life of world-renowned neurosurgeon Ben Carson, who overcame enormous obstacles to study medicine and save countless lives.

**Canterbury Centre 2 Rochester Road, Canterbury**

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

# FRIDAY *flicks*



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.

**\$15\***

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

26<sup>th</sup> May, 10.30am

## **BABYLON** (2022)

Set in 1920s Los Angeles, this epic film charts the decadence and depravity of the movie industry as it transitions from the silent era to 'talkies'.



30<sup>th</sup> June, 10.30am

## **THE LAST EMPEROR** (1987)

This epic blockbuster won nine Oscars and is based on the life of Puyi, the final Emperor of China – whose life was turned upside down by the Chinese Revolution.



## MARWAL CENTRE MAY / JUNE

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 July/August newsletter mail out at 1.30pm on Wednesday June 21 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.