

July/August 2023

# STAYING CONNECTED

## WITH YOUR COMMUNITY

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

Join us for a three-course lunch full of your traditional festive favourites! There will be music, prizes, drinks and all the special trimmings.

**BOOK TODAY**

# CHRISTMAS

IN AUGUST LUNCH

Wednesday  
**16th August**  
12.15pm

Canterbury Centre,  
2 Rochester Road, Canterbury

*Live  
music*  
with  
**GAVIN  
LIDDELL**

**\$30**  
all  
inclusive

Please book & pay by Wednesday 9th August Transport: \$5 each way (bookings required & conditions apply)

BOOKINGS  
WEBSITE

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

SOCIALS

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

SCAN TO  
DISCOVER

WHAT'S ON





**Body  
Health**  
by **BASScare**

**INTRODUCING**

See page 5



As some of you may remember, I come from an exercise background and I am still very passionate about being healthy and active. So, it gives me great pleasure to introduce **BodyHealth by BASScare**. This new dedicated arm of our community services is all about delivering tailored Allied Health and Exercise programs for you.

We have been expanding our health offerings for a while and you will see more evidence of this in this winter edition of **Staying Connected**.

We thank everyone for their patience and understanding whilst the repair works from a burst water pipe are completed at the Canterbury Centre.

We have pushed back some of our special events and will update you all when we are able to relocated back to the main centre for regular programs.

I am excited to report that the refurbishment project at Marwal is finishing shortly and the builders predict we can resume programs there by August. All clients who have attended Marwal activities prior to its closure will be notified of the exact opening date once it is confirmed.

One last reminder that from July we will not be taking payment on the day for activities and services. Instead, you will receive a monthly statement via email or mail and your charges can be paid by direct debit or in person and over the phone through reception.

**Tom Edwards,**  
Centre Manager Social Support

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**We also offer:**

- Group Exercise Classes
- Seniors Tai Chi & Yoga
- Exercise Physiology
- Trivia & Learning Sessions
- Art & Pottery Classes
- Three-course lunches
- Podiatry
- 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)

# CANTERBURY CENTRE SPECIAL EVENT

Presented in conjunction with BASScare and MELBOURNE RECITAL CENTRE



Music Always

# ensemble three

Book Today

FREE concert

Ensemble Three is a forward-thinking classical music contemporary group from the Melbourne Conservatorium of Music. Comprising trumpet, trombone and guitar, their sound is energetic and exciting using influences from across the globe.

Thursday  
**10th August**  
10.45am for an  
11.00am start

Canterbury Centre, 2 Rochester Road, Canterbury Transport: \$5 each way (bookings required)



# High Tea fundraiser

Indulge in an unforgettable High Tea experience all whilst supporting the **Daffodil Day Appeal!**

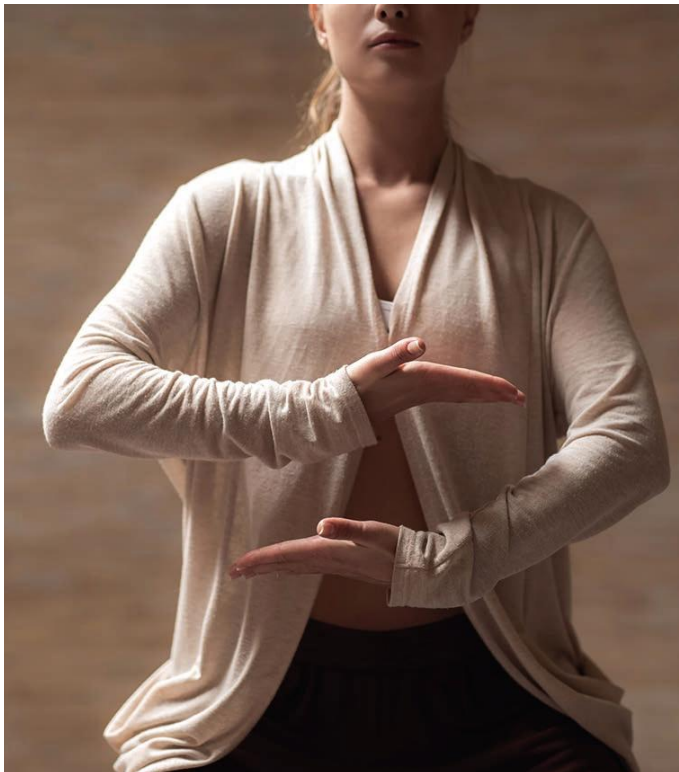
You'll be treated to bubbles on arrival followed by an assortment of sweet and savoury delights. Daffodils will be available to purchase on the day and all proceeds will go towards supporting the Cancer Council and those affected by cancer.



Cancer Council  
Daffodil Day Appeal

Thursday  
**31st August**  
12.15pm

**\$35**



## Seniors Tai Chi

Tai Chi is a traditional form of mind-body exercise that can help maintain strength, flexibility and balance, and could be the perfect activity for the rest of your life.

Join Kheng, a fully qualified and experienced Tai Chi instructor, for a gentle one-hour class focusing on flowing movements and breathing. **No experience required.**

Mondays  
10.00am  
starting from  
**10th July**

**NEW**

**\$5\***

## Paint & Sip

Let your creative juices flow at this fun and relaxed painting session. Paint and sip sessions are very popular right now and we are bringing your very own session to the Canterbury Centre. Our resident artist Eric will guide you through creating your special piece of art. All painting materials are provided and you'll get to take your own finished artwork home.

### WHAT TO BRING?

An interest in painting and trying something new! No talent is required – you'll be amazed at how well you do!

**Refreshments provided**



Friday  
1.30 – 3.30pm  
**21st July &  
18th August**

**NEW**

**\$30\***

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

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

SPECIAL PRESENTATION

## The Compassionate Friends Victoria

Jane, from Compassionate Friends, will discuss grief and share what we can do after losing a loved one or dear friend. Jane will highlight how grief affects people and how every person's grief is different.



**FREE**

Thursday  
**13th July** 11.30am

## Build Your Own Program Discussion

Join Elizabeth in sharing your ideas, interests and vision for the future as we discuss developing meaningful long-term programs at BASScare. Complimentary afternoon tea and enjoyable conversation will be provided!

**HAVE A SAY**

Join us on  
Tuesday  
**1st August**  
1.30pm

**Canterbury Centre 2 Rochester Road, Canterbury**

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



**BodyHealth**  
by **BASScare**

**LAUNCHING**



**FREE**

## Active Ageing

As part of our launching **BodyHealth by BASScare** we are having a special session with our registered Exercise Physiologist Michelle. She will be explaining why it is so critical to remain active as we grow older and sharing important tips. Come ready with your own exercise and activity questions!

Thursday  
**17th August**  
11.30am

\* 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.

<b>TUESDAY</b> 4 <sup>th</sup>	<b>Glengala Hotel, Sunshine</b> Join us for a delicious seniors' meal and a chat at this friendly pub.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 7 <sup>th</sup>	<b>Warran Glen Nursery</b> Come and explore 5 acres of plants in leafy Warrandyte. We'll enjoy a delicious lunch in the light-filled café and can browse the huge gift shop featuring fashion, homewares, jewelry and indoor plants.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 11 <sup>th</sup>	<b>The Warburton Hotel, Warburton</b> Established in 1863, this hotel offers delicious pub favourites plus specials featuring local seasonal produce.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 14 <sup>th</sup>	<b>The Dragon King Chinese Restaurant, Frankston</b> Join us for a drive down the coast to enjoy a tasty Chinese lunch.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 18 <sup>th</sup>	<b>National Wool Museum, Geelong – <i>EARLY START</i></b> Come and explore the story of wool, fibre and textiles in Australia. The museum is housed in a 150 year-old bluestone woolstore near the Geelong waterfront.	<b>\$23*</b> (plus lunch)
<b>FRIDAY</b> 21 <sup>st</sup>	<b>Abbotsford Convent Bakery, Abbotsford</b> Enjoy a stroll around the historic Abbotsford Convent site which now houses numerous art and culture spaces. We'll enjoy lunch at the bakery which still uses the wood fired ovens built in 1901.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 25 <sup>th</sup>	<b>Pierre Bonnard Exhibition (NGV) – <i>Active Trip</i></b> A close friend of Matisse, French painter Bonnard is celebrated for his use of colour to convey an exquisite sense of emotion. Explore over 100 of his key works on loan from galleries worldwide and enjoy lunch at the onsite café.	<b>\$44*</b> (plus lunch)
<b>FRIDAY</b> 28 <sup>th</sup>	<b>Hunted Antiques and Collectables, Bayswater</b> Explore this intriguing venue filled with all sorts of collectables including jewelry, glassware, and toys from yesteryear. Lunch will be at the nearby Hatter and Hare café.	<b>\$15*</b> (plus lunch)

## BOROONDARA BLOKES – JULY OUTINGS

<b>MONDAY</b> 10 <sup>th</sup>	<b>The Workers Club, Dandenong</b> Join us for a tasty lunch and a chat at this warm and inviting social club, established in 1968.	<b>\$15*</b> (plus lunch)
<b>MONDAY</b> 24 <sup>th</sup>	<b>MCG Tour</b> Fancy participating in a tour of this historical sporting location? Lunch will be at the Trumble Café before the tour.	<b>\$39*</b> (plus lunch)

# AUGUST Outings

Home pickup usually 10.00 – 11.30am unless otherwise stated

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

TUESDAY 1 <sup>st</sup>	<b>Melbourne Aquarium – Active Trip</b> Enjoy a day viewing the wonders of the Aquarium. If you fancy, the stunning underwater short film “Submerged” will also be showing. Enjoy lunch at the onsite café.	<b>\$44*</b> (plus lunch)
FRIDAY 4 <sup>th</sup>	<b>The Ninth Ave Café, Westmeadow</b> Fancy enjoying lunch at a Good Food Guide winning café? Join us as we enjoy a scrumptious lunch at this multi award-winning venue.	<b>\$15*</b> (plus lunch)
TUESDAY 8 <sup>th</sup>	<b>Montmorency Eltham RSL, Eltham</b> This venue boasts a vast seniors’ menu and delightful views of the surrounding parklands.	<b>\$15*</b> (plus lunch)
FRIDAY 11 <sup>th</sup>	<b>La Prima Opera Gala, Frankston Arts Centre</b> Join us for an unforgettable musical performance featuring beautiful and heart-melting classics from the worlds of opera and musical theatre. We’ll enjoy a two-course lunch at the onsite dining room prior to the show.	<b>\$60*</b> (plus lunch)
TUESDAY 15 <sup>th</sup>	<b>JBj’s Restaurant and Bar, Taylors Lake</b> We are heading back to this popular venue for the first time since Covid. Enjoy the extensive seniors’ menu and friendly gaming lounge.	<b>\$15*</b> (plus lunch)
FRIDAY 18 <sup>th</sup>	<b>Fountains Training Restaurant, Box Hill Tafe</b> Join us as we finally make our way to this venue for a three-course dining experience with delectable delights made by the final year training chefs.	<b>\$40*</b> (incl. lunch)
TUESDAY 22 <sup>nd</sup>	<b>Conservatory Café, Croydon</b> Situated on four acres of manicured gardens, this friendly café serves hearty meals in picturesque surroundings.	<b>\$15*</b> (plus lunch)
FRIDAY 25 <sup>th</sup>	<b>Prahran Markets, Prahran – Active Trip</b> This diverse and eclectic market offers so much to see, do and taste. Lunch will be onsite at one of the many cafes and food stalls available.	<b>\$15*</b> (plus lunch)
TUESDAY 29 <sup>th</sup>	<b>Sightseeing Drive to San Remo</b> Join us as we enjoy a drive to popular San Remo with lunch at the iconic Fish and Chippery.	<b>\$15*</b> (plus lunch)

## BOROONDARA BLOKES – AUGUST OUTINGS

MONDAY 7 <sup>th</sup>	<b>McDaid’s Irish Pub, Rosebud</b> Enjoy the food, the drink and the ‘craic’ at this friendly seaside venue.	<b>\$15*</b> (plus lunch)
MONDAY 21 <sup>st</sup>	<b>Red Bluff Look Out, Black Rock</b> Join us as we stretch our legs and take in the views at this beautiful lookout at Half Moon Bay. Lunch will be at the nearby Black Squirrel Café.	<b>\$15*</b> (plus lunch)

## MONDAY SHOPPING TRIPS – MONTHLY OUTING

Home pickup usually 10.00 – 11.30am unless otherwise stated

<p>MONDAY 31<sup>st</sup> JULY</p>	<p><b>Op Shopping – <i>Active Trip</i></b> Join Rodney as we delve into the Oakleigh Vinnies store.... it's huge! Lunch will be at Lazy Moe's café.</p>	<p><b>\$15*</b> (plus lunch)</p>
<p>MONDAY 14<sup>th</sup> AUGUST</p>	<p><b>Outlet Shopping – <i>Active Trip</i></b> This month we'll visit the Simba (Sheraton) Outlet Store which is filled with last season Sheraton towels and bedding. Lunch will be at the nearby Bayswater Hotel.</p>	<p><b>\$15*</b> (plus lunch)</p>

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

STAY SHARP WITH

## Brain Games

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.

**Canterbury Centre**  
2 Rochester Road, Canterbury

Join us on  
**Mondays**  
1.30 – 3.00pm

come along and try

**\$5\***

**FIRST SESSION FREE**

## 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.

**Canterbury Centre**  
2 Rochester Road, Canterbury

**Wednesdays**  
1.30 – 3.30pm

come along and try

**\$5\***

**FIRST SESSION FREE**

## Enjoy a delicious 3 course lunch

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

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

Call **9880 4709** for bookings



# LIFELONG LEARNING GROUP AT CANTERBURY 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.

from  
10.30am

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

**\$15\*** come along and try  
**FIRST SESSION FREE**

<p>WEDNESDAY 5<sup>th</sup> JULY</p>	<p><b>Tales from a Marriage Celebrant</b>                      Special guest speaker Gwenda Foard, an Order of Australia recipient, will share her experiences as a Marriage Celebrant. There will be funny and sad stories from her time as a Celebrant and she will talk about the 50-year history of Marriage Celebrants in Australia.</p>
<p>WEDNESDAY 12<sup>th</sup> JULY</p>	<p><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.</p>
<p>WEDNESDAY 19<sup>th</sup> JULY</p>	<p><b>Let's Explore Thailand!</b>                      Let's venture to Thailand with BASScare's resident artist Eric, as he shares experiences of his recent trip. Eric will share his delightful photographic images, tales of Thai cooking school, and other fascinating stories from his trip.</p>
<p>WEDNESDAY 26<sup>th</sup> JULY</p>	<p><b>Chocolate Indulgent Experience</b>                      Come along to participate in the tasting of different chocolates. Learn about the different flavour profiles and types of chocolate while expanding your knowledge on the history of chocolate and how chocolate is made.</p>
<p>WEDNESDAY 2<sup>nd</sup> AUGUST</p>	<p><b>History of Kew</b>                      Matthew Ety-Leal returns to tell us about the history of Kew – a suburb that developed as a residential area once bridges were constructed over the Yarra. It was marketed as a cleaner, healthier place to live than Collingwood and Abbotsford and was the site of many grand residences and schools.</p>
<p>WEDNESDAY 9<sup>th</sup> AUGUST</p>	<p><b>Movies &amp; Music</b>                      Barry Gomm from Golden Days Radio, will reminisce with us on movies and music from the mid-1900s. His talk is a considered study of the origins of well-known musical &amp; movie numbers and will include original versions of hits featuring famous orchestras and performers.</p>
<p>WEDNESDAY 16<sup>th</sup> AUGUST</p>	<p><b>Christmas in August</b>                      Come along to learn, celebrate and discuss Christmas traditions from different countries and how they started. There are certainly some funny stories and experiences to share.</p>
<p>WEDNESDAY 23<sup>rd</sup> AUGUST</p>	<p><b>Save our Environment</b>                      To acknowledge Sustainability Week we will discuss a range of global, national and local council initiatives to reduce consumption and improve recycling. Come along and share your experiences of reusing and upcycling over the years. We'll also look at new products that are manufactured from waste materials and help our environment.</p>
<p>WEDNESDAY 30<sup>th</sup> AUGUST</p>	<p><b>Escape to Borneo</b>                      BASScare's Jane will share her photos and experiences of Borneo where she travelled by bus from Kota Kinabalu to Sandakan. She became an expert on spotting wild animals in the jungle.</p>

## ENTERTAINMENT AT CANTERBURY CENTRE

### CARDS & GAMES

FIRST SESSION FREE

\$5\*

#### MONDAYS

##### MAHJONG

1.30pm

3rd & 17th July

7th & 21st August

#### THURSDAYS

##### SCRABBLE

1.30pm

6th & 20th July

3rd & 17th August

##### OXFORD

##### SCRABBLE

1.30pm

13th & 27th July

10th & 24th August



### WEDNESDAY AFTERNOON MOVIES – CANTERBURY CENTRE

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

- |             |  |
|-------------|--|
| 5th July    | <b>Ticket to Paradise</b> (2022) Julia Roberts and George Clooney star as divorced parents trying to sabotage their daughter's Bali wedding.   |
| 12th July   | <b>Shine</b> (1996) Biographic drama based on the life of David Helfgott (Geoffrey Rush), a gifted classical pianist who suffered a mental breakdown.  |
| 19th July   | <b>The Bookshop</b> (2017) A free-spirited widow puts grief behind her and risks everything to open a bookshop – the first such shop in a sleepy English village.  |
| 26th July   | <b>Meet Me in St. Louis</b> (1944) This classic MGM musical stars Judy Garland as one of four sisters excitedly preparing for the 1904 World Fair in St. Louis.  |
| 2nd August  | <b>They're a Weird Mob</b> (1966) Based on the popular Australian novel, this film follows an Italian journalist as he deals with culture shock on moving to Australia in the 1960s.                       |
| 9th August  | <b>A Perfect Pairing</b> (2022) Romantic comedy about a go-getter LA wine executive who travels to an Australian sheep station to land a major client. Sparks soon fly with a rugged and mysterious local. |
| 16th August | <b>NO MOVIE – CHRISTMAS IN AUGUST</b>  |
| 23rd August | <b>Watership Down</b> (1978) Fearing destruction of their warren, a group of rabbits go in search of a safer environment in which to live.   |
| 30th August | <b>Mowgli: Legend of the Jungle</b> (2018) Based on Rudyard Kipling's Jungle Book stories, this film tells the story of human child Mowgli who is raised by a wolf pack in the jungles of India.           |

**Canterbury Centre 2 Rochester Road, Canterbury**

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

# FRIDAY *flicks*



**\$15\***

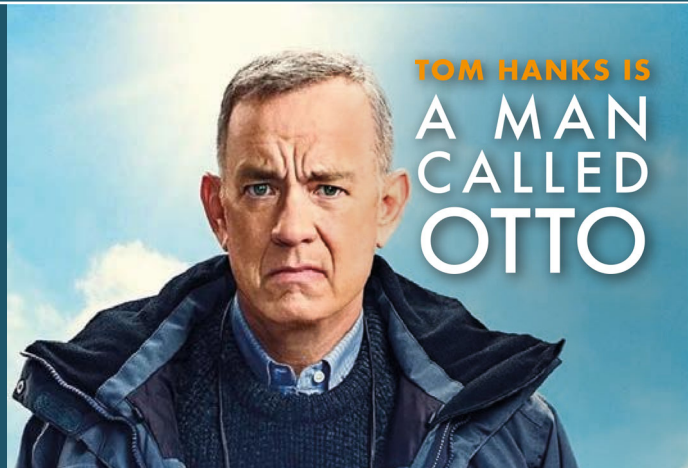
Join us once a month for a Friday morning showing of a popular film you may have missed at the cinema. The price includes an ice-cream, light lunch, tea/coffee and good company!

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

28<sup>th</sup> July, 10.30am

## A MAN CALLED OTTO (2022)

Based on the bestselling novel, Tom Hanks stars as a grumpy widower whose only joy comes from criticising and judging his exasperated neighbours. His world is turned upside down when a lively young family moves in next door.



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

## WHERE THE CRAWDADS SING (2022)

From the best-selling novel comes a captivating mystery telling the story of Kya the "Marsh Girl", an abandoned child who raised herself to adulthood in the dangerous marshlands of North Carolina.



## MARWAL CENTRE JULY / AUGUST

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 September/October newsletter mail out at 1.30pm on Wednesday 23rd August 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.