

September/October 2023

# STAYING CONNECTED

## WITH YOUR COMMUNITY

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

## Footy Finals Feast

Wednesday 27th September  
12.15pm - 2.30pm

RSVP  
Today

\$25

Enjoy the excitement of footy finals time by coming dressed in your team colours for a delicious footy feast!

There will be prizes, games and trivia as well as the announcement of the Footy Tipping competition winners.

**RSVP essential!**

Canterbury Centre,  
2 Rochester Road, Canterbury

Please RSVP by Wednesday 20th September Transport: \$5 each way (bookings required & conditions apply)

BOOKINGS  
WEBSITE

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

SOCIALS

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

SCAN TO  
DISCOVER

WHAT'S ON



“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”

– Sophia Loren

## Tom's Take

As we embrace the vibrant colours and warmer weather of spring, I am delighted to share the latest edition of **Staying Connected**, filled with exciting updates, upcoming events and information on our regular programs and services.

I want to thank you all for your patience and understanding whilst both the Canterbury and Marwal Centre were out of action during winter. I would also like to acknowledge the BASScare Community Services team and their efforts to continue to run all your favourite programs and activities in temporary locations and trying circumstances.

The North Balwyn Seniors Centre, also known as the Marwal Centre, has undergone an amazing transformation. It now has a dedicated reception and foyer area to welcome visitors.

There is a stylish and contemporary hairdressing salon and Allied Health suite for Podiatry appointments. The main hall area has been fitted with a folding glass partition that makes it a much more functional space whilst keeping the character of the beautiful, polished wooden floors.

We'll be offering more programs and services at the North Balwyn Seniors Centre in the future, as well as it being a hub for other local seniors groups. If you are a returning visitor, I am sure you'll be blown away with the changes and if you haven't been before, I invite you to drop in for a tour!

**Tom Edwards,**  
Centre Manager  
Social Support



## Staying Connected September/October 2023

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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)



## Seniors' Week Special

### Canterbury Centre Open Day

To help celebrate Seniors' Week, we are offering FREE come and try sessions on Monday October 2 for all new and current clients.

- 10am – Tai Chi Class
- 10am – Art Class
- 12.30pm – Light Lunch
- 1.30pm – Trivia and Brain Games (plus prizes!)
- 1.30pm – Mahjong

Spaces are strictly limited and bookings essential. **Conditions apply.**



For more information and to book, contact 9880 4709 or [socialsupport@basscare.org.au](mailto:socialsupport@basscare.org.au)

## Oktoberfest

We're bringing the joyous spirit of Oktoberfest right to your doorstep! Our Oktoberfest extravaganza promises an unforgettable experience filled with traditional Bavarian culture.

10.30am – \$15\*

PRESENTATION EXPLORING THE MUSIC, GEOGRAPHY AND FASCINATING HISTORY OF OKTOBERFEST.

12.30pm – \$12\*

SPECIAL LUNCH OF HEARTY GERMAN CUISINE AND BEER TASTING.



Wednesday  
**11th October**

RSVP by Friday 6th October

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





Presented in conjunction with BASScare and MELBOURNE RECITAL CENTRE

**Music Always**  
**Stiletto Sisters**

**Book Today**

**FREE concert**

Wednesday  
**13th September**  
10.45am for an 11.00am start

**Stiletto Sisters** are a dynamic trio combining vocals with piano accordion, violin and double base. Stiletto Sisters find their inspiration from Europe, Latin America and wild Gypsy melodies. This will be a soundscape of delight!



**NEW!**  
**Music Memories**

Are you ready to rediscover the joy of music, relive cherished memories, and indulge in delightful conversations over a scrumptious afternoon tea?

**First Session Free**

**\$5\***

Thursdays *fortnightly*  
**Starting 14th September**  
1.30pm

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

SPECIAL PRESENTATION

# Food and Nutrition

Join Simone for Nutritious Wisdom!

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.

Gold Coin Donation

Thursday  
**14th September**  
11.30am - 12:30pm

# Activities Committee Meeting

Join Elizabeth in sharing your ideas 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  
Thursday  
**5th October**  
1.30pm  
FREE!

**Canterbury Centre 2 Rochester Road, Canterbury**

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

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

### Information Sessions

**4<sup>th</sup>** WEDNESDAY  
OF THE MONTH  
11am to 12pm

131 Maling Road, CANTERBURY

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

Join us for our FREE monthly information sessions where we can help you understand what types of services are available. No registration required.

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

Join us on:

September 27th

October 25th

November 22nd

# SEPTEMBER Outings

For further information and bookings **9880 4709**

\* 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>FRIDAY</b> 1 <sup>st</sup>	<b>Croydon Hotel, Croydon</b> Join us for a delicious seniors' meal and a friendly chat or flutter in the gaming lounge.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 5 <sup>th</sup>	<b>Dandenong Club, Dandenong</b> This venue has a great reputation for high quality food and service in a relaxing atmosphere.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 8 <sup>th</sup>	<b>Golden Spoon Bistro, Cockatoo</b> Enjoy a drive through the Dandenong Ranges for lunch at the scenic township of Cockatoo.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 12 <sup>th</sup>	<b>Grant's on Sherbrook, Kallista</b> This delightful venue offers a vast menu while you enjoy the view of lush fern gullies and the colourful lorikeets which reside in the area.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 15 <sup>th</sup>	<b>The Big Bouquet, Healesville</b> Come and explore Australia's largest Gerbera and Alpaca Farm! We'll explore the farm and enjoy a delicious light lunch at the onsite café.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 19 <sup>th</sup>	<b>Behind the Scenes tour – Flemington Racecourse – <i>Active Trip</i></b> Join us as we get a coveted behind the scenes tour of where the magic of Melbourne Cup occurs. This is sure to be a day to remember. With lunch provided by the Flemington team.	<b>\$15*</b> (incl lunch)
<b>FRIDAY</b> 22 <sup>nd</sup>	<b>Diamond Pavillion Chinese Restaurant, The Basin</b> Enjoy a tasty lunch at this restaurant which specialises in Cantonese style cooking.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 26 <sup>th</sup>	<b>ACMI Goddess Exhibition, Melbourne</b> The Goddess: Power, Glamour, Rebellion exhibition highlights leading women of film for the last 120 years. Featuring costumes and cinematic treasures from Mae West, Marilyn Monroe, Marlene Dietrich and more, the show honours the artists who defied expectations and transcended tropes.	<b>\$39*</b> (plus lunch)
<b>FRIDAY</b> 29 <sup>th</sup>	<b>Public Holiday</b>	

## BOROONDARA BLOKES – September OUTINGS

<b>MONDAY</b> 11 <sup>th</sup>	<b>Mister Fox, Ringwood Golf Course</b> Join us for fairway views, a tasty lunch and chat with Rodney.	<b>\$15*</b> (plus lunch)
<b>MONDAY</b> 25 <sup>th</sup>	<b>Drive to Hastings</b> Enjoy a drive to Hastings for Fish and Chips! Weather permitting we'll enjoy a walk on the Jetty.	<b>\$15*</b> (plus lunch)

# OCTOBER 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 3 <sup>rd</sup>	<b>Gordon Glass Blowing Studio, Red Hill</b> Enjoy a drive to Red Hill where we'll view one off artisan glass wear, created by artists located on the premises. Lunch will be prior at the Epicuran Café.	<b>\$15*</b> (plus lunch)
FRIDAY 6 <sup>th</sup>	<b>Archibald Prize, Mornington Gallery</b> We have secured LIMITED tickets for this yearly artistic event. Book in early to avoid disappointment. Lunch will be at the onsite café after the tour.	<b>\$29*</b> (plus lunch)
TUESDAY 10 <sup>th</sup>	<b>Berwick Springs Hotel, Berwick</b> This venue boasts a vast seniors' menu and a friendly atmosphere.	<b>\$15*</b> (plus lunch)
FRIDAY 13 <sup>th</sup>	<b>Rayner's Orchard, Woori Yallock</b> Enjoy a day trip to the orchard with a tour of the farm via the farm tractor bus. Lunch will be at the onsite Peach Café, serving produce fresh from the farm.	<b>\$44.50*</b> (plus lunch)
TUESDAY 17 <sup>th</sup>	<b>A scenic drive to Daylesford – <i>Early Start</i></b> Fancy a day out to this delightful township? Take a stroll down main street exploring the many shops and galleries and enjoy lunch at one of the many cafes.	<b>\$15*</b> (plus lunch)
FRIDAY 20 <sup>th</sup>	<b>Frankston Arts Centre – Jazz Extravaganza!</b> The award-winning Syncopaters are an iconic Australian jazz outfit. Their new show, <i>Jelly-Roll to Jump-Jive</i> includes jazz classics from the 1920s to 1950s and features star guest vocalist, Yvette Johansson singing Billy Holiday, Ella Fitzgerald and other jazz legends.	<b>\$60*</b> (incl. lunch)
TUESDAY 24 <sup>th</sup>	<b>Longbeach RSL, Chelsea</b> Enjoy a drive to the beach to enjoy a tasty lunch and chat with friends.	<b>\$15*</b> (plus lunch)
FRIDAY 27 <sup>th</sup>	<b>Deakin University Tour, Burwood – <i>Active Trip</i></b> Join tour guide Tabitha for a tour of the new law building featuring indigenous art purchased for the space. Lunch will be at a café onsite.	<b>\$15*</b> (plus lunch)
TUESDAY 31 <sup>st</sup>	<b>Hubert Wine Estate, Coldstream</b> Fancy a day trip to a winery? Join us to enjoy a relaxing lunch and gallery viewing at this new estate.	<b>\$15*</b> (plus lunch)

## BOROONDARA BLOKES – October OUTINGS

MONDAY 9 <sup>th</sup>	<b>Fratelli's Restaurant, Frankston</b> Enjoy the food and atmosphere at this popular Italian Restaurant.	<b>\$15*</b> (plus lunch)
MONDAY 23 <sup>rd</sup>	<b>Burkes Lookout, Mt Dandenong,</b> Join us for a drive to Mt Dandenong to take in the panoramic views of greater Melbourne and Port Phillip Bay. We'll stop for lunch at the Mt Dandenong Hotel.	<b>\$15*</b> (plus lunch)



**MONDAY SHOPPING TRIPS - MONTHLY OUTING**

Home pickup usually 10.00 - 11.30am unless otherwise stated

MONDAY  
**16<sup>th</sup>**  
OCTOBER

**Outlet Shopping - Active Trip**

This month we'll visit the **Fella Hamilton** outlet in Moorrabin. Lunch will be at local favourite the Sandbelt Club Hotel where they offer a seniors' menu and tasty pub classics.

**\$15\***  
(plus lunch)

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



**12 week** Exercise Physiologist led program  
**FALLS PREVENTION**



**Keeping you stronger and independent for longer**

BASScare's Falls Prevention Program draws on evidence based principles, to deliver a specialised group program, aiming to improve your balance and reduce your risk of falls. The program includes:

- Pre & post-course assessment 1-2 weeks prior
- 12 weekly group exercise classes (60 minutes)
- Educational Presentations

\* Eligibility criteria applies

weekly classes starting  
**Tuesday**  
**12<sup>th</sup> September 2023**  
1.30pm - 2.30pm

Sharrott House,  
8 Rochester Road,  
Canterbury

12 weekly Group Classes  
**Book Today**

Approximately 1 in 3 Australians aged 65 and over fall each year.

**Bookings/enquiries: 9880 4709 or email [m.azzopardi@basscare.org.au](mailto:m.azzopardi@basscare.org.au)**  
Cost: \$200 (subsidised) / \$475 (standard fee) T&C's apply Transport: \$10 each way (booking required)



## 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.

Wednesdays <sup>from</sup> 10.30am

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

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

WEDNESDAY 6 <sup>th</sup> SEPTEMBER	<p><b>Highlights of Darwin</b></p> <p>Matthew Ety-Leal returns to share highlights of his trip to Darwin. He'll also cover the completion of the Overland Telegraph line, the impact of cyclones, and the bombing of Darwin by the Japanese in World War 2. On his trip he visited Mindil Beach Market, Parliament House and the old Government House and returned home on the Ghan from Katherine to Adelaide.</p>
WEDNESDAY 13 <sup>th</sup> SEPTEMBER	<p><b>Stiletto Sisters Concert from Melbourne Recital Centre</b></p> <p>The Stiletto Sisters have been wooing audiences for the past fifteen years with their seductive blend of Hungarian, Jewish, gypsy, tango and love songs from around the world. Led with breathtaking virtuosity by violinist Hope Csutoros, with Judy Gunson on piano accordion and Jo To on double bass. – <b>Free Concert</b></p>
WEDNESDAY 20 <sup>th</sup> SEPTEMBER	<p><b>Baby News – Harry Edwards!</b></p> <p>Come along and share your advice with Tom about being a parent. Tom will talk to us about the joys of being a first time Dad and the challenges of a broken sleep. Tom may be joined by a special guest appearance from baby Harry and Sophie.</p>
WEDNESDAY 27 <sup>th</sup> SEPTEMBER	<p><b>AFL Luncheon</b></p> <p>Dress in your favourite team colours as we talk about football's interesting history, game rules, famous players and a quick quiz before the big lunch!</p>
WEDNESDAY 4 <sup>th</sup> OCTOBER	<p><b>Let's Talk with Gwenda Foard</b></p> <p>Gwenda will join our group for a casual chat about her creative story writing and the process of idea generation. Gwenda will encourage you to share some stories of your life with her.</p>
WEDNESDAY 11 <sup>th</sup> OCTOBER	<p><b>Oktoberfest</b></p> <p>Come along to celebrate Oktoberfest with some traditional food, music, fun activities and quizzes about Germany. We will discuss geography, famous landmarks and the history of Oktoberfest. A special tasting of different types of German Beers will be discussed and enjoyed.</p>
WEDNESDAY 18 <sup>th</sup> OCTOBER	<p><b>Ben Chifley and Post World War 2 1945 – 1949</b></p> <p>Matthew Ety-Leal returns to tell us about Ben Chifley, the 16th Prime Minister of Australia. Our immigration policy promoted "Populate or Perish", and was implemented by the Immigration Minister, Arthur Caldwell. The Ten Pound Pom program was introduced and provided workers for the Snowy Mountain scheme, then one of the biggest infrastructure programs in the world.</p>
WEDNESDAY 25 <sup>th</sup> OCTOBER	<p><b>Tropical Broome</b></p> <p>Let's venture to Broome with BASScare's Lisa, as she shares her experiences of this tropical paradise and the gateway to the Kimberley, one of the world's great wildernesses. Hear about long walks on the beach, magical sunsets and more!</p>

## ENTERTAINMENT AT CANTERBURY CENTRE

### CARDS & GAMES

FIRST SESSION FREE

\$5\*

### THURSDAYS

#### SCRABBLE

1.30pm

7th & 21st September

5th & 19th October

### MONDAYS

#### MAHJONG

1.30pm

4th & 18th September

2nd & 16th October

UNLEASH YOUR INNER CHAMPION!



## WEDNESDAY AFTERNOON MOVIES – CANTERBURY CENTRE

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

**6th September** **Top End Wedding** (2019) Lauren and Ned have ten days to find Lauren's mother who has gone AWOL in the Northern Territory so that they can pull off their dream wedding.

**13th September** **Sing!** (2016) This Oscar winning animated musical comedy tells the story of a dapper koala trying to save his theatre from demolition.

**20th September** **Fatherhood** (2021) This warm-hearted film is based on a best-selling memoir about a single dad bringing up his baby girl after the unexpected death of his wife.

**27th September** **NO MOVIE – AFL LUNCHEON!**

**4th October** **Miss Fisher and the Crypt of Tears** (2020) After freeing a young girl in Jerusalem, Phryne Fisher begins to unravel a mystery concerning priceless emeralds, ancient curses and a suspicious disappearance.

**11th October** **The Last Vermeer** (2019) Based on a true story, Guy Pearce plays a Dutch artist and dealer who is accused of collaborating with the Nazis.

**18th October** **Murder on the Homefront** (2013) Set during the London Blitz of 1940, this is a world where people live life in the moment. It's also a world where criminals can use the blackout and devastation to hide their activities.

**25th October** **Bran Nue Dae** (2009) Delightful musical comedy/drama about a rebellious Aboriginal boy who runs away from his Catholic boarding school and hitchhikes to his home in Broome.

**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 showing of a popular film you may have missed at the cinema.



\$15\*

Price includes

Ice-cream, light lunch, tea/coffee and good company!

22<sup>nd</sup> SEPTEMBER, 10.30am

## SEE HOW THEY RUN (2022)

In the West End of 1950s London, plans for a movie version of a smash-hit play come to an abrupt halt when a pivotal member of the crew is murdered. When a world-weary inspector and eager rookie constable take on the case, they find themselves thrown into a whodunit.



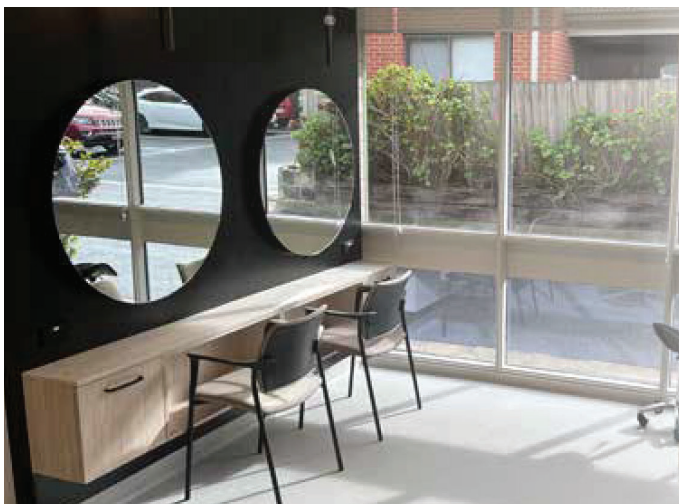
27<sup>th</sup> OCTOBER, 10.30am

## THE LOST KING (2022)

This life-affirming film tells the true story of Philippa Langley (Sally Hawkins), an amateur historian who defies the stodgy academic establishment in her efforts to find King Richard the Third's remains, which were lost for over 500 years.



## BALWYN NORTH SENIORS CITIZENS CENTRE SEPTEMBER / OCTOBER



Balwyn North Seniors Citizens Centre  
9 Marwal Ave, Balwyn North

Phone 9880 4752

Office Hours: Monday – Friday  
9am – 3.30pm (closed Public Holidays)

Group Exercise Classes  
Hairdressing  
Podiatry  
Exercise Physiology





## **\*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**

**Join us for the November/December newsletter mail out at 1.30pm on Wednesday 25th October 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.**

**BASScare acknowledges the Wurundjeri Woi-wurrung people as the Traditional Owners and original custodians of this land, and we pay our respects to their Elders past and present.**

**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.