

November/December 2023

# STAYING CONNECTED

## WITH YOUR COMMUNITY

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

## CHRISTMAS LUNCH

**Wednesday 13th December**  
12.15pm – 2.30pm

Our special Christmas lunch promises a delightful seasonal spread with live music, trivia, prizes, and festive cheer with friends old and new!

**Bookings essential!**

Canterbury Centre,  
2 Rochester Road, Canterbury

**\$30**

**Book  
Today**

Please book and pay by Friday 8th December Transport: \$5 each way (bookings required & conditions apply)

BOOKINGS  
WEBSITE

**9880 4709**  
**basscare.org.au**

SOCIALS



basscareagedcare

SCAN TO  
DISCOVER

WHAT'S ON



"Growing old is mandatory, but growing up is optional."  
– Walt Disney

### Tom's Take

Welcome to the final edition of Staying Connected for 2023.

Summer, Christmas and the New Year period is when community comes together to celebrate the year that has been and the excitement of the year ahead.

2023 has been another eventful year and it has been delightful to see a return to larger special events, outings and group activities.

The programs and events would be nothing without you, our clients! We thank you for making them all so special. It really is a pleasure to welcome such a happy and enthusiastic community and we appreciate all your feedback, ideas and suggestions on what we do.

You are warmly invited to celebrate the summer season with us this year by attending one of our special Christmas lunches, outings or a music concert from the Melbourne Recital Centre.

Our programs and services will take a short break over the New Year period, please find further details of all your regular program resumption dates on page 3.

Enjoy the warmer weather and we look forward to seeing you at one of our Centres soon.

**Tom Edwards,**  
Centre Manager Social Support

*Happy Holidays*

### Staying Connected November/December 2023

CONTENTS	Page	We also offer:
• Program Dates & Special Event	3	• Group Exercise Classes
• Concerts	4	• Seniors Tai Chi & Yoga
• Special Information Sessions	5	• Exercise Physiology
• November Outings	6	• Trivia & Learning Sessions
• December Outings	7	• Art & Pottery Classes
• Shopping Trips & Music Program	8	• Three-course lunches
• Lifelong Learning Group	9	• Podiatry
• Games & Cards	10	• Hairdressing
• Wednesday Afternoon Movies		• Tech Help
• Friday Flicks	11	
• Marwal Centre Information		
• Fee Information	12	
• Terms and Conditions		

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)



## PROGRAM DATES & SPECIAL EVENT

Program/Service	Last Session 2023	First Session 2024
Monday Blokes Outings	Monday Dec 11th	Monday Jan 15th
Monday Shopping Outings	Monday Dec 4th	Monday Feb 5th
Art Class	Monday Dec 18th	Monday Jan 8th
Tai Chi	Monday Dec 18th	Monday Feb 5th
Dining Room	Wednesday Dec 20th	Monday Jan 8th
Mahjong	Monday Dec 18th	Monday Jan 15th
Brain Games	Monday Dec 18th	Monday Jan 8th
BC – Connected (Tech Help)	Tuesday Dec 12th	Tuesday Jan 9th
Exercise Physiology	Friday Dec 22nd	Friday Jan 5th
Tuesday Outings	Tuesday Dec 19th	Tuesday Jan 16th
Tuesday 10am & 11.15am Exercise Classes	Tuesday Dec 19th	Tuesday Jan 9th
Wednesday 10am & 11am Exercise Classes	Wednesday Dec 20th	Wednesday Jan 17th
Lifelong Learning Group	Wednesday Dec 20th	Wednesday Jan 10th
Social Stitchers	Wednesday Dec 6th	Wednesday Feb 7th
Wednesday Movies	Wednesday Dec 20th	Wednesday Jan 10th
Thursday 10am Exercise Class	Thursday Dec 21st	Thursday Jan 18th
Thursday 10am & 11am Exercise Classes – Marwal	Thursday Dec 21st	Thursday Jan 11th
Scrabble	Thursday Dec 7th	Thursday Jan 18th
Seniors Yoga	Thursday Dec 14th	Thursday Jan 18th
Pottery	Thursday Dec 14th	Thursday Feb 1st
Friday Outing	Friday Dec 15th	Friday Jan 12th
Hairdressing – Canterbury	Friday Dec 15th	Friday Jan 12th
Hairdressing – Marwal	Friday Dec 22nd	Friday Jan 19th
Podiatry – Canterbury	Friday Dec 22nd	Friday Jan 19th
Podiatry – Marwal	Friday Dec 15th	Friday Jan 12th
Friday Flicks – Movie Group	Friday Nov 24th	Friday Feb 23rd



**Christmas Day Lunch**

Join us on Christmas Day for a very merry special lunch with all your traditional favourites!

**Monday 25th December**  
**12.00pm – 2.00pm**

**Please book and pay by Friday 15th December!**

**\$30**

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



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

**RSVP  
Today!**

Music Always

# ensemble three

**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  
**9th November**  
10.45am for an  
11.00am start

Stay for a 3-course lunch afterwards at 12.30pm. \$12\*, bookings essential.

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

**RSVP  
Today!**

**FREE  
concert**

Music Always

## Stiletto Sisters

Thursday  
**30th November**  
10.45am for an  
11.00am start

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

Stay for a 3-course lunch afterwards at 12.30pm. \$12\*, bookings essential.

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



### Are you seeking Domestic Assistance and Personal Care services

BASScare Home Care is now an approved provider under the Commonwealth Home Support Programme (CHSP).

We are dedicated to providing you with the highest quality government subsidised, low cost Domestic Assistance and Personal Care services.

#### How to Get Started:

Getting the care you deserve is just a phone call away! Reach out to BASScare Home Care at 8809 0050 to speak with our friendly team.

We're here to assist and lead you through the process

Visit Us

131 Maling Road, Canterbury



### Chinese Cultural Dance

\$15\*

WEDNESDAY 22<sup>nd</sup> NOVEMBER 11.00AM

Experience the grace & beauty

Join us for a delightful cultural event as we view traditional Chinese dance. These ancient dances of China include colourful traditional dress and fans.

Stay for a 3-course lunch afterwards at 12.30pm. \$12\*, bookings essential.

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

### 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 last FREE monthly information session for the year  
**November 22nd**

# NOVEMBER 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.*

FRIDAY 3 <sup>rd</sup>	<b>Ringwood RSL, Ringwood</b> Join us for a delicious seniors' meal from the vast menu at this popular venue.	<b>\$15*</b> (plus lunch)
TUESDAY 7 <sup>th</sup>	<b>PUBLIC HOLIDAY – MELBOURNE CUP</b>	
FRIDAY 10 <sup>th</sup>	<b>Fairy Mountain Chinese Restaurant, Monbulk</b> Enjoy a drive through the Dandenong Ranges for a tasty Chinese lunch.	<b>\$15*</b> (plus lunch)
TUESDAY 14 <sup>th</sup>	<b>MCG Tour, Yarra Park – <i>Active Trip</i></b> Fancy a day behind the scenes at the iconic MCG? Lunch will be at the Trumble café prior to the tour. STRICTLY limited spaces.	<b>\$41*</b> (plus lunch)
FRIDAY 17 <sup>th</sup>	<b>McClelland Gallery, Langwarrin</b> Come and explore over 16 hectares of gallery and sculpture park. With a guided tour and buggy to assist you over the landscape, this is sure to be a great day out! Lunch will be at Harry's café onsite.	<b>\$21*</b> (plus lunch)
TUESDAY 21 <sup>st</sup>	<b>Scenic Drive to Sorrento – <i>Early Start</i></b> Enjoy a drive down to Sorrento for a wander along the pier. We will enjoy lunch at Rusty's Café overlooking the sea then explore the many local shops.	<b>\$15*</b> (plus lunch)
FRIDAY 24 <sup>th</sup>	<b>Lygon Street, Carlton</b> When is the last time you visited this iconic Melbourne shopping and foodie strip? Lunch will be at Papa Gino's which opened its doors in the 1970's. A great day out!	<b>\$15*</b> (plus lunch)
TUESDAY 28 <sup>th</sup>	<b>Whittlesea Bowls Club, Whittlesea</b> Fancy a delicious seniors' meal overlooking the lawn bowls green? Join us for a drive out to Whittlesea and enjoy the local hospitality.	<b>\$15*</b> (plus lunch)

## BOROONDARA BLOKES – November OUTINGS

MONDAY 13 <sup>th</sup>	<b>Upper Ferntree Gully Hotel</b> Join Rodney for a chat and a great meal at this friendly pub.	<b>\$15*</b> (plus lunch)
MONDAY 27 <sup>th</sup>	<b>Lilydale Lake and Lunch</b> Join Rodney in viewing the lake and enjoy lunch at the nearby Crown Hotel.	<b>\$15*</b> (plus lunch)



# DECEMBER 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.

FRIDAY 1 <sup>st</sup>	<b>Warratina Lavender Farm, Wandin</b> Enjoy a drive to the beautiful Yarra Valley to explore this lavender farm which will hopefully be in full bloom! Lunch will be at the onsite Tea House and there's also a gift shop full of lavender products.	<b>\$27.50*</b> (plus lunch)
TUESDAY 5 <sup>th</sup>	<b>Pink Hill Bistro, Beaconsfield</b> Join us for a delicious seniors' meal and a chat with friends.	<b>\$15*</b> (plus lunch)
FRIDAY 8 <sup>th</sup>	<b>Christmas Show at Frankston Arts Centre</b> Join musical theatre star Lucy Durack as she performs some of her favourite and well-loved Christmas songs. A two-course lunch will be enjoyed prior to the show.	<b>\$60*</b> (incl. lunch)
TUESDAY 12 <sup>th</sup>	<b>Bayview Restaurant, Mornington Golf Course</b> Enjoy the ocean view and a delicious menu at this popular peninsula venue.	<b>\$15*</b> (plus lunch)
FRIDAY 15 <sup>th</sup>	<b>Pig and Whistle, Olinda</b> Join us for our annual trip to this iconic venue with a delicious meal situated in the beautiful township of Olinda. This outing is always most enjoyable – see you there!	<b>\$15*</b> (plus lunch)
TUESDAY 19 <sup>th</sup>	<b>Berwick Botanic Gardens, Berwick</b> Join us for our last outing for the year. We'll explore the beautiful gardens then enjoy lunch at the nearby Lava restaurant.	<b>\$15*</b> (plus lunch)

Day Trip Outings will take a short break over the Christmas and New Year period. The first outing back for 2024 will be on Friday the 12th of January. See the January – February issue in late December for more details.

## BOROONDARA BLOKES – December OUTINGS

MONDAY 11 <sup>th</sup>	<b>The Royal Hotel, Koo Wee Rup</b> Did you know that 95% of all asparagus sold in Australia is grown in Koo Wee Rup? Join Rodney for a delicious pub meal in the Asparagus capital of Australia!	<b>\$15*</b> (plus lunch)
----------------------------	--	------------------------------

## MONDAY SHOPPING TRIPS - MONTHLY OUTING

Home pickup usually 10.00 - 11.30am unless otherwise stated

MONDAY  
4<sup>th</sup>  
DECEMBER

### Outlet Shopping - **Active Trip**

This month we'll visit the Noni B outlet in Nunawading. Lunch will be at the Space café nearby which offers light meals and delicious coffee.

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

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

## Social Committee Group

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!

Join us on  
**Wednesday**  
**29th November**  
1.30pm  
**FREE!**

HAVE A  
**SAY**

## Music Memories

Come along to rediscover the joy of music, relive cherished memories, and indulge in delightful conversations over a yummy afternoon tea.

Thursdays fortnightly  
**9th & 23rd November**  
**7th & 21st December**  
1.30pm

**First  
Session  
Free**

**\$5\***

**Canterbury Centre, 2 Rochester Road, Canterbury** Transport: \$5\* each way (bookings 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 (\$12\*) 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 1 <sup>st</sup> NOVEMBER	<b>Steam Tug Wattle Restoration</b> Our special speaker Jeff Malley from Bay Steamers Maritime Museum will come and talk to us about the history and the restoration of the Steam Tug Wattle built in 1933. The Steam Tug Wattle is historically, socially and technologically significant at the national level as the only small harbour steam tug still surviving in Victoria.
WEDNESDAY 8 <sup>th</sup> NOVEMBER	<b>National Gallery Victoria – Exploring the Ancient World</b> An on-line presentation from the National Gallery of Victoria where we will explore stories and ideas in objects and works of art from ancient China, Egypt, Greece and Rome. We will consider what these works reveal about the time and place they were made and discover connections to the present.
WEDNESDAY 15 <sup>th</sup> NOVEMBER	<b>The Time, the Place &amp; the Music</b> Barry Gomm returns to talk to us about memorable events that occurred in Melbourne, Australia and the world from the mid-1940s to the late 1970s. He'll share interesting details about each event including video clips, pictures and popular numbers that were current at the time.
WEDNESDAY 22 <sup>nd</sup> NOVEMBER	<b>Chinese Traditional Dance Performance and Choir</b> Join us for a morning of Cultural wonder as volunteer Joyce and her fellow performers share with us their traditional Chinese dance, which includes colourful dress and fans. Following this will be a musical delight with their choir.
WEDNESDAY 29 <sup>th</sup> NOVEMBER	<b>Tasmanian Road Trip</b> Trish will share the highlights of her recent trip to Tasmania on the Spirit of Tasmania. She'll explore famous landmarks and National Parks and share the fun of long walks with the reward of breathtaking scenery from viewpoints around the Apple Isle.
WEDNESDAY 6 <sup>th</sup> DECEMBER	<b>Writing your Memoir</b> Margaret O'Mahony from 'The Story of My Life' will come to discuss the way to document your life story by capturing special moments through journaling or photographs. Margaret will talk about the importance of documenting your life story in a memoir for your family to remember you in the future. Let's start the conversation today.
WEDNESDAY 13 <sup>th</sup> DECEMBER	<b>BASScare Christmas Party</b> Come dressed in your festive outfits and join us as we explore classic musical Christmas movie scenes. Afterwards we'll join our family and friends for a very special Christmas lunch in the hall.
WEDNESDAY 20 <sup>th</sup> DECEMBER	<b>Christmas Carols</b> Tune up your voices for a fun morning of singing Christmas carols, telling jokes and reflecting on another great year of Lifelong Learning Group. There will be a special Christmas Morning Tea to enjoy together.

## CARDS & GAMES

FIRST SESSION FREE

\$5\*

### MONDAYS

#### MAHJONG

1.30pm

6th & 20th November

4th & 18th December

### THURSDAYS

#### SCRABBLE

1.30pm

2nd & 16th November

7th December

UNLEASH YOUR INNER CHAMPION!



## WEDNESDAY AFTERNOON MOVIES – CANTERBURY CENTRE

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

- |                      |  |
|----------------------|--|
| <b>1st November</b>  | <b>The African Queen</b> (1951) In WW1 East Africa, a gin-swilling riverboat captain (Humphrey Bogart) is persuaded by a strait-laced English missionary (Katherine Hepburn) to undertake a treacherous journey.                         |
| <b>8th November</b>  | <b>My Old Lady</b> (2014) A New Yorker (Kevin Kline) discovers that the vast Paris apartment he inherited from his estranged father is already occupied by a refined retiree (Maggie Smith).   |
| <b>15th November</b> | <b>From Time to Time</b> (2009) While staying at his grandmother's (Maggie Smith) country house during the last days of World War Two, 13 year-old Tolly is magically transported back in time, to help solve an age-old family mystery. |
| <b>22nd November</b> | <b>Mao's Last Dancer</b> (2009) Peasant villager Li Cunxin studies ballet in far-off Beijing, where he trains for seven grueling years to become one of China's greatest dancers.  |
| <b>29th November</b> | <b>The Dry</b> (2021) Aaron Falk (Eric Bana) goes back to his drought-stricken town to attend a tragic funeral. However, his return reopens the door to the unsolved death of a teenage girl.  |
| <b>6th December</b>  | <b>Miss Potter</b> (2006) The story of beloved children's author Beatrix Potter, and her struggle for love, happiness and publishing success.  |
| <b>13th December</b> | <b>NO MOVIE – CHRISTMAS PARTY</b>  |
| <b>20th December</b> | <b>Elf</b> (2003) Buddy, a human, is raised amongst elves at the North Pole. When he discovers that he is not an elf, he travels to New York to search for his biological father.  |

**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!

**24<sup>th</sup> NOVEMBER, 10.30am**

**BANK OF DAVE** (2023) Comedy/Drama

Based on a true story, Bank of Dave tells the tale of how a working class, self-made man from the north of England set up a bank to fund local enterprises to help his community, meeting fierce resistance from the London-based banking authorities.



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

## BALWYN NORTH SENIORS CENTRE NOVEMBER / DECEMBER



**Balwyn North Seniors 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 January/February newsletter mail out at 1.30pm on Wednesday 20th December 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.