

January/February 2024

# STAYING CONNECTED

## JOIN OUR COMMUNITY

- SPECIAL EVENTS
- BUS OUTINGS
- ACTIVITIES & EXERCISE PROGRAMS

## Australian BBQ

Wednesday 24th January  
12.15pm – 2.30pm

Join us at the outdoor space  
at Maranoa Club for a classic  
Australian barbie!

There'll be plenty of  
traditional Aussie favourites  
to eat plus cold drinks,  
singalongs and trivia.

**Bookings essential!**

Book  
Today

\$30

Maranoa Club,  
6 Faversham Road, Canterbury

Please book and pay by Friday 19th January 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



“Do not grow old, no matter how long you live. Never cease to stand like curious children before the great mystery into which we were born”

– Albert Einstein

## Tom's Take

Wishing you a Happy New Year! Thank you for taking the time to explore the first edition of Staying Connected for 2024. Thank you for being part of our community.

I hope you had a happy and restful festive season and are ready to embrace all that the New Year has to offer. We have spent the past months planning more great outings, activities and events for you this year. We're exploring some fresh ideas, and your presence and feedback will play a crucial role in shaping whether we pursue similar initiatives in the future. Your input matters, and we look forward to hearing from you!

Don't forget to check out our bi-monthly calendar for comprehensive information on program dates, timings, and locations.

You can pick up a copy at our reception or conveniently access it on our website at [basscare.org.au](http://basscare.org.au). Stay informed and make the most of our diverse offerings!

Should you want an electronic version of this newsletter, we invite you to reach out to us. By doing so, we can seamlessly include you in our digital mailing list. Embracing this digital format not only aligns with environmental considerations but also comes with the added perk of receiving the newsletter a week in advance.

Simply let us know, and we'll ensure you stay well-connected in an eco-friendly manner! You could even add your family and friends to the list if you think they might appreciate learning more about us and coming along to some of our events!

**Tom Edwards,**  
Centre Manager Social Support

## Staying Connected January/February 2024

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### We also offer:

- Exercise Classes
- Seniors Tai Chi & Yoga
- Exercise Physiology
- Brain Games & Trivia
- Art & Pottery Classes
- Lunches & Dining Room
- Scrabble, Mahjong & Cards
- Music & Singalong
- Learning Sessions & Guest Speakers
- 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)



## CHINESE NEW YEAR

At the Canterbury Centre

SPECIAL PRESENTATION

10.30am – \$15\*

CHINESE NEW YEAR LUNCHEON

12.30pm – \$12\*

Wednesday **14th February**

Chinese New Year has been celebrated across China for thousands of years and is now celebrated across the globe.

Join us at the Canterbury Centre for a day focused upon Chinese New Year, learning about the Year of the Dragon and enjoying a delicious Chinese inspired lunch! Bookings essential.

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:

January 24th

February 28th

March 27th

April 24th

May 22nd

June 26th

July 24th



## Social Stitches

This is an independently run thread based craft group with members who enjoy sewing, knitting and quilting. Bring your own task and enjoy a lively chat with the other participants.

**Wednesdays**  
1.30 – 3.30pm

come along and try  
**FIRST SESSION FREE**

**\$5\***

Social Stitches start back in February 2024



## Music Memories

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

**First Session Free**

**\$5\***

Thursdays fortnightly  
**18th January**  
**1st, 15th & 29th February**  
2.00pm

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

\* 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.

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.

<b>FRIDAY</b> 12 <sup>th</sup>	<b>Diamond Creek Hotel, Diamond Creek</b> This Tudor style pub offers tasty seniors' meals in a lovely leafy location.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 16 <sup>th</sup>	<b>Pine Grove Hotel, Upper Beaconsfield RSL</b> Join us as we visit this inviting country pub located in the stunning Beacon Hills.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 19 <sup>th</sup>	<b>The Cove Hotel, Patterson Lakes</b> With water views and a senior's menu, this is sure to be a delightful day out!	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 23 <sup>rd</sup>	<b>Kooyong Tennis Club Trophy and Museum Tour, Kooyong</b> – <b>Active Trip</b> With the Australian Open Tennis happening, we have secured a tour of one of Melbourne's oldest Tennis Clubs – viewing their trophy room and museum. Lunch will be at Brother's Keeper Café.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 26 <sup>th</sup>	<b>Public Holiday – Australia Day</b>	
<b>TUESDAY</b> 30 <sup>th</sup>	<b>The Bridge Hotel, Mordialloc</b> Enjoy a tasty seniors' lunch overlooking picturesque Mordialloc beach and pier.	<b>\$15*</b> (plus lunch)

## BOROONDARA BLOKES – January OUTINGS

<b>MONDAY</b> 15 <sup>th</sup>	<b>The Tasty Chinese Kitchen, Gisborne</b> Join Rodney for a day out to the township of Gisborne to enjoy a tasty Chinese meal.	<b>\$15*</b> (plus lunch)
<b>MONDAY</b> 29 <sup>th</sup>	<b>Yarra Glen Rail Station, Yarra Glen</b> Join Rodney for a visit to this fully restored historic station. Lunch will be prior at the Yarra Glen Café.	<b>\$15*</b> (plus lunch)

# FEBRUARY 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 2 <sup>nd</sup>	<b>The Red House Chinese Restaurant, Scoresby</b> Enjoy the intricate flavours and colours of authentic Chinese dishes at this popular (and red!) Scoresby restaurant.	<b>\$15*</b> (plus lunch)
TUESDAY 6 <sup>th</sup>	<b>Steeple Racetrack Restaurant, Mornington</b> Join us for a delicious seniors' meal overlooking the Mornington Racetrack.	<b>\$15*</b> (plus lunch)
FRIDAY 9 <sup>th</sup>	<b>Riverview Restaurant and Café, Warburton</b> This delightful venue is situated in leafy Warburton with cool breezes and a rear deck overlooking the river. This venue offers a seasonal cafe menu.	<b>\$15*</b> (plus lunch)
TUESDAY 13 <sup>th</sup>	<b>SkyHigh, Mt Dandenong</b> With panoramic views all the way to the city and a delicious award-winning menu with locally sourced products, this venue is sure to please both the taste buds and the eyes with the view!	<b>\$15*</b> (plus lunch)
FRIDAY 16 <sup>th</sup>	<b>Cappa Rossi's Italian Fusion Restaurant, Kinglake</b> Join us for a drive to this iconic Italian restaurant which has been in Kinglake since last century and offers very reasonable prices.	<b>\$15*</b> (plus lunch)
TUESDAY 20 <sup>th</sup>	<b>Scenic drive to Mount Macedon – <i>Early Start</i></b> Fancy a day enjoying the sights and sounds of Mount Macedon? Lunch will be at the popular Trading Post Café as seen on the Getaway program.	<b>\$15*</b> (plus lunch)
FRIDAY 23 <sup>rd</sup>	<b>Waves, Frankston</b> We are heading back to this favourite location with a delicious menu and breathtaking views overlooking the beach.	<b>\$15*</b> (plus lunch)
TUESDAY 27 <sup>th</sup>	<b>Immigration Museum, Melbourne</b> This museum highlights the rich cultural diversity of Melbourne and Victoria. Lunch will be at the onsite Café.	<b>\$25*</b> (plus lunch)

## BOROONDARA BLOKES – February OUTINGS

MONDAY 12 <sup>th</sup>	<b>Lancefield Hotel, Lancefield</b> Join us as we enjoy lunch at this popular hotel, as suggested by one of our participants.	<b>\$15*</b> (plus lunch)
MONDAY 26 <sup>th</sup>	<b>Beaumaris Beach Foreshore, Beaumaris</b> Join Rodney for a visit to the foreshore and the famous "Pie Haus" bakery.	<b>\$15*</b> (plus lunch)

**MONDAY SHOPPING TRIPS – MONTHLY OUTING**

Home pickup usually 10.00 – 11.30am unless otherwise stated

MONDAY  
5<sup>th</sup>  
FEBRUARY

**Linen House, Heatherton – *Active Trip***

We'll be heading to this outlet which specialises in Bed Linen and Homewares. Lunch will be at the Cheltham-Moorabin RSL prior.

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

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

## Activity 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!

HAVE A SAY

Join us on  
**Monday**  
**5th February**  
1.30pm  
**FREE!**

GET YOUR HANDS DIRTY WITH

## Pottery

With a mix of hand building, glazing and firing you can make a range of pieces you can be proud of. Pottery is not only great for building hand-eye coordination but strength too.

Individuals work on their own projects with the help and guidance of a fellow potter and teacher.

**\$15\***

Join us on  
**Thursdays**  
2.00pm

Shape your dreams

**ONE POT AT A TIME!**

## Save the Date!

Dame Nellie Melba Coombe Estate Tour

Join us as we tour the picturesque gardens on an hour long tour followed with High Tea. Tours and High Tea operate on Wednesdays, hence this one off special Wednesday outing. Spaces are strictly limited. Bookings essential!

Coming in March!  
**Wednesday Outing**

**Wednesday 13th March**  
\$90\* (includes transport)

Book and Pay by Friday 8th March  
Call **9880 4709** for bookings

**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 10 <sup>th</sup> JANUARY	<p><b>Darrell Lea</b></p> <p>Darrell Lea is an Australian confectionary company with humble beginnings in Sydney. We will learn about the history of the family business, how the sweet treats are made, and the current challenges faced by the chocolate industry. Tastings included!</p>
WEDNESDAY 17 <sup>th</sup> JANUARY	<p><b>Australian Open Tennis</b></p> <p>Tennis is believed to have started in the 12th century in France and today it is a worldwide billion-dollar competition. We will talk about the history of tennis, and famous Australian Tennis players past and present including their exorbitant pay-packets! Jane will share her passion about world famous tennis venues, including photos.</p>
WEDNESDAY 24 <sup>th</sup> JANUARY	<p><b>All Things Australian – At Maranoa Club 6 Faversham Rd Canterbury</b></p> <p>Come along to make some tasty traditional damper in the Maranoa Club kitchen which we will enjoy for morning tea with butter and jam. We will share all things Australian including Aussie jokes, trivia and music before joining BASScare's classic Australian BBQ lunch.</p>
WEDNESDAY 31 <sup>st</sup> JANUARY	<p><b>Victorian Silo Art</b></p> <p>BASScare's volunteer Karen, an experienced photographer, will share her images of the Victorian Silo Art Trail. The trail brings together street artists in Australia's largest outdoor gallery linking the Wimmera Mallee's treasured small towns across 700km through the region.</p>
WEDNESDAY 7 <sup>th</sup> FEBRUARY	<p><b>Port Fairy</b></p> <p>Beautiful Port Fairy is a thriving coastal town with an interesting history. Matthew Etty-Leal returns to talk about the buildings and history of the town once known as Belfast. We will also share beautiful images and stories of past coastal holidays in the region.</p>
WEDNESDAY 14 <sup>th</sup> FEBRUARY	<p><b>Year of the Dragon</b></p> <p>Let's celebrate Chinese New Year and the Year of the Dragon! We will explore the different zodiac signs, Chinese lantern festival, and famous Chinese landmarks and geography. Come along to receive a personalised Chinese name bookmark and find out your zodiac sign.</p>
WEDNESDAY 21 <sup>st</sup> FEBRUARY	<p><b>Dorothy Baker</b></p> <p>We welcome back Barry Goom from Golden Days Radio 95.7fm, to talk about Dorothy Baker's music and career. Dorothy sung on Melbourne 'live to air' programs and quickly became popular in Melbourne dance venues as well as TV in the 1950's-1970's. Barry will share music and video clips of her career.</p>
WEDNESDAY 28 <sup>th</sup> FEBRUARY	<p><b>New York Skyline</b></p> <p>Join us as we venture to New York with Eric, BASScare's resident artist, as he shares experiences of his recent trip. Eric will share his delightful photographic images of famous landmarks and tales of delicious food. While travelling Eric caught up with some friends who shared some local knowledge of interesting places to visit.</p>

## GAMES / CARDS / MOVIES – AT CANTERBURY CENTRE

### CARDS & GAMES

FIRST SESSION FREE

\$5\*

### MONDAYS

#### MAHJONG

1.30pm

15th January

5th & 19th February

### THURSDAYS

#### SCRABBLE

1.30pm

18th January

1st & 15th February

AWAKEN THE CHAMPION WITHIN YOU!



## WEDNESDAY AFTERNOON MOVIES – CANTERBURY CENTRE

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

- |               |  |
|---------------|--|
| 10th January  | <b>Live to 100: Secrets of the Blue Zones</b> (Documentary series) Travel around the world with author Dan Buettner to discover five unique communities where people live extraordinarily long and vibrant lives.<br>Part 1 The Journey Begins & Part 2 Unexpected Discovery |
| 17th January  | <b>Live to 100: Secrets of the Blue Zones</b> (Documentary series)<br>Part 3 The End of the Blue Zones & Part 4 The Future of Longevity  |
| 24th January  | <b>NO MOVIE – Australia Day Lunch</b>  |
| 31st January  | <b>The Dressmaker</b> (2015) A glamorous woman returns to her small town in rural Australia. With her sewing machine and haute couture style, she transforms the women and exacts sweet revenge on those who did her wrong.  |
| 7th February  | <b>The Young Victoria</b> (2009) 18-year-old British Royal Victoria (Emily Blunt) ascends to the throne and is romanced by future husband Prince Albert in this lush period drama.   |
| 14th February | <b>Chupa</b> (2023) While visiting family in Mexico, teenage Alex gains an unlikely companion when he discovers a young chupacabra hiding in his shed. To save the mythical dragon-like creature, Alex and his cousins must embark on the adventure of a lifetime.           |
| 21st February | <b>Dangerous Remedy</b> (2012) Set in 1969 Melbourne, this film tells the true story of Scottish-born doctor Bertram Wainer, as he investigates the illegal-abortion racket, and launches a campaign for reform that both challenged and changed our society.                |
| 28th February | <b>You've got Mail</b> (1998) Book superstore magnate Joe Fox (Tom Hanks) and independent New York bookshop owner Kathleen Kelly (Meg Ryan) fall in love in the anonymity of the Internet, both blissfully unaware that he is trying to put her out of business.             |

**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!

**23<sup>rd</sup> FEBRUARY, 10.30am**

**A HAUNTING IN VENICE (2023)**

Mystery/Thriller/Crime

In post-World War II Venice, Hercule Poirot, now retired and living in exile, reluctantly attends a seance. But when one of the guests is murdered, it is up to the former detective to once again uncover the killer.



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

## BALWYN NORTH SENIORS CENTRE JANUARY / FEBRUARY



Exercise Physiology  
Group Exercise Classes  
Hairdressing  
Podiatry

**9 Marwal Avenue, Balwyn North** Phone 9880 4752

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



## **\*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 March/April newsletter mail out at 1.30pm on Wednesday 21st February 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.