

May/June 2024

STAYING CONNECTED

JOIN OUR COMMUNITY

- SPECIAL EVENTS
- BUS OUTINGS
- ACTIVITIES & EXERCISE PROGRAMS

MOTHERS' DAY HIGH TEA

Wednesday **8th May**
12.15pm – 2.00pm

Book
Today

\$35

Join us for an elegant High Tea to celebrate Mothers' Day. Enjoy a selection of scones, sandwiches, sweet indulgences, teas and a glass of bubbles.

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

Please book and pay by Friday, 3rd May

BOOKINGS **9880 4709**

WEBSITE basscare.org.au

SOCIALS   basscareagedcare

SCAN TO
DISCOVER

WHAT'S ON



"Age is simply the number of years the world has been enjoying you!" – Unknown

Tom's Take

We are excited to bring you the latest updates and special events for your Social Activity programs.

I wanted to extend a heartfelt thank you to all of those who took the time to participate in our recent survey. We are committed to continuous improvement and the survey will provide valuable information in the process of reviewing our programs. A reminder that you can always share your feedback and suggestions via our feedback forms at the centre or online. Your input is vital to ensuring we continue to provide the highest quality services and support.

As we look ahead to the coming months, we're delighted to announce some exciting events such as the Mothers' Day High Tea, Italian Day and our Cancer Council Biggest Morning Tea.

I also encourage you to come and try the new Chatty Café, Digital Short Courses or Knitting Group. Read on to find out more about those exciting initiatives starting this winter.

Due to popular demand, we are offering more exercise classes! This will enable some clients to also participate in multiple classes per week. If you are interested, please contact reception to arrange a call from Matt or Julie to discuss additional exercise programs to meet your needs.

Tom Edwards,
Centre Manager
Social Support



Staying Connected May/June 2024

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We also offer:

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

WEB basscare.org.au

SPECIAL EVENTS

Italian Day!

AT THE CANTERBURY CENTRE

Ciao! Come and celebrate all things Italian, including a special lunch with pizza, pasta, gelato and a glass of vino.

Wednesday
5th June

Bookings essential by
Friday May 31st

10.30am – Special Presentation on Italy
\$15*

12.30pm – Italian Day Luncheon
\$25

2.00pm – Italian Themed Movie
\$5*



Canterbury Centre, 2 Rochester Road, Canterbury

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



Cancer Council
Australia's Biggest
Morning Tea



Join Trish and Elizabeth for morning tea to help raise money for the Cancer Council. Enjoy delicious homemade sweet and savoury treats, fundraising activities and a raffle draw.

10.30am – 12.00pm

Friday **24th May**

Bookings essential
by Monday 20th May!

Free

ALL MONEY
COLLECTED WILL GO
TOWARDS THE CANCER
COUNCIL.

Canterbury Centre, 2 Rochester Road, Canterbury



New!

Chatty Cafe

At the Canterbury Centre

Keeping your community connected

Chatty Cafe aims to get people chatting and encourage social connections within the local community. Chatting is such a simple concept but so important for your mental and physical health. Join us for a cuppa and conversation each Friday at the Canterbury Centre.

Friday's
10.00am – 11.30am

FREE



NEW!

Knitting Group

Supporting Families of
Premature and Sick Babies

We are partnering with Life's Little Treasures to knit clothes and blankets for donation to families with babies in the neonatal intensive care units around Melbourne. Join this social and welcoming group, led by volunteer Jo. All patterns and materials are provided, if you have 4mm or 8mm needles bring them along. A special emphasis will be on First Nations knitting, and also making jackets for unwell full-term babies who are unable to make it home as expected.

Proudly supporting



life's little treasures
foundation

Supporting Families of Premature & Sick Babies

Join us on
Wednesday's
Starting
1st May

\$5*

1.30pm – 3.30pm

Canterbury Centre, 2 Rochester Road, Canterbury

3-Week Digital Course iPhones

AT THE CANTERBURY CENTRE

Our mobile phones help us stay connected with others and make life easier by providing access to information, online services, entertainment and loved ones.

Join Rubin for step-by-step classes dedicated to increasing your skills and understanding whilst learning about your iPhone's functions and features.

Friday's
7th - 21st June
10.30am - 12.00pm



Bookings
essential
by
**Monday
3rd June**

FREE

Save the Date!

Exhibition Pharaoh at the National Gallery of Victoria

This international blockbuster exhibition, Pharaoh, celebrates three thousand years of ancient Egyptian art and culture through more than 500 works on loan from the British Museum.

Coming in July! **Thursday Outing**

Thursday 18th July
\$50* (plus lunch)

Book and Pay by July 11th
Call **9880 4709** for bookings

* 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 rd	Westernport Hotel, Hastings Join us for a drive down the Peninsula to enjoy a hearty seniors' meal at this historic pub.	\$15* (plus lunch)
TUESDAY 7 th	Waverly Antique Bazaar, Clayton Come and explore the treasures within this Bazaar, and enjoy lunch at the Saigon Kitchen which offers both light meals and more hearty Asian style meals.	\$15* (plus lunch)
FRIDAY 10 th	The Shingle Inn, Fountain Gate This delightful cafe serves tasty light meals and delicious coffee and teas. We'll have time to explore the shopping centre after lunch.	\$15* (plus lunch)
TUESDAY 14 th	Golden Dragon Chinese Restaurant, Lalor This small and unassuming local restaurant has a huge online following with delicious meals at reasonable prices.	\$15* (plus lunch)
FRIDAY 17 th	Day in Mount Evelyn – Active Trip! Come and explore this quaint township offering cafes, bakeries, artisan stores and a locally run op shop.	\$15* (plus lunch)
TUESDAY 21 st	Sands Hotel, Carrum Downs This traditional pub offers hearty meals, friendly service and a large seniors' menu.	\$15* (plus lunch)
FRIDAY 24 th	Australian Tapestry Workshop, South Melbourne Enjoy a guided tour of this iconic creative hub. The workshop is an international leader in contemporary tapestry, collaborating with a diverse range of international and Australian artists to produce exceptional handwoven works of art.	\$25* (plus lunch)
TUESDAY 28 th	Costco, Ringwood – Active Trip! Join Elizabeth as we venture into Costco for a shopping experience like no other! Lunch will be in the onsite cafeteria.	\$15* (plus lunch)
THURSDAY 30 th	Da Vinci @ The Lume, Melbourne CBD Celebrating the life and works of Leonardo Da Vinci within the world's largest digital art gallery.	\$55* (plus lunch)
FRIDAY 31 st	Gin Finity, Belgrave This Rum and Gin distillery offers a selection of locally sourced food for lunch, plus you can try a tasting paddle of Rum or Gin.	\$15* (plus lunch)

BOROONDARA BLOKES – May OUTINGS

MONDAY 6 th	Whittlesea Bakehouse, Whittlesea This family run bakery has been winning GOLD medals for their pies for over a decade!	\$15* (plus lunch)
MONDAY 20 th	Somerville Hotel Enjoy a drive to the Mornington Peninsula and a hearty meal at this friendly pub.	\$15* (plus lunch)

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

TUESDAY 4 th	Parliament House Tour – <i>Active Trip</i> Experience a guided tour of this historic building and learn the history of the Victorian Parliament. We will enjoy lunch in Brunswick prior to the free tour, which commences at 2pm.	\$15* (plus lunch)
FRIDAY 7 th	Farm Vigano Italian Restaurant, South Morang Nestled on 16 acres in the Plenty Valley Gorge, this restaurant offers tasty Italian dishes and a gorgeous scenic backdrop.	\$15* (plus lunch)
TUESDAY 11 th	Scenic Drive to Trentham – <i>Early Start!</i> Recommended by Jane, this township is located at the top of the Great Dividing Range and offers historical buildings, an amazing streetscape and delicious food!	\$15* (plus lunch)
FRIDAY 14 th	Yarra Valley Dairy Store and Cafe, Yering Calling all cheese enthusiasts! Situated in a 100 year-old milking shed, The Dairy offers cheese platters, light meals and tasting boards in a delightful country setting.	\$15* (plus lunch)
TUESDAY 18 th	The Grove Restaurant, Wallan This charming bistro is at the Hidden Valley Resort and Country Club, nestled in the picturesque rolling hills at Wallan.	\$15* (plus lunch)
FRIDAY 21 st	Wildflowers, Frankston Arts Centre Join Australian songbirds Melissa Fraser, Raychel Stone and Clare Quinn for a timeless celebration of the songs of Dolly Parton, Linda Ronstadt and Emmylou Harris. Their intricate three-part harmonies will be backed by a band of talented musicians. Two course meal prior.	\$67* (plus lunch)
TUESDAY 25 th	Phoenix Hill Hotel, Point Cook Rodney raved about this pub menu when we last visited in 2022. Fingers crossed, it's still just as tasty!	\$15* (incl. lunch)
FRIDAY 28 th	Monash University Library Tour, Caulfield Join us for a tour of the university library; learning about the cataloguing system and how the library has changed since its inception. Lunch will be onsite at the campus cafe.	\$15* (plus lunch)

BOROONDARA BLOKES – June OUTINGS

MONDAY 3 rd	Sandy Beach Kiosk, Sandringham This venue has been requested by the blokes who attended the outing to Beaumaris. Enjoy fish and chips, burgers and other kiosk favourites!	\$15* (plus lunch)
MONDAY 17 th	Kilsyth/Croydon Industrial Site Drive, Kilsyth Explore this industrial area with Rodney with lunch at Club Kilsyth.	\$15* (plus lunch)

SHOPPING TRIPS

MONDAY SHOPPING TRIPS – MONTHLY OUTING

Home pickup usually 10.00 – 11.30am unless otherwise stated

MONDAY
24th
JUNE

Giovanni Outlet, Boronia – *Active Trip*

Join us for a visit to this popular clothing outlet, with lunch at Crave restaurant.

\$15*
(plus lunch)

For further information and bookings phone **9880 4709**
Canterbury Centre, 2 Rochester Road, Canterbury

Music Memories

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

Thursday
Fortnightly
2.00pm

\$5*

FIRST SESSION FREE

Activity Committee Meeting Morning Tea and Chat

FREE

Friday
7th June
10.30am

Your feedback and suggestions are important to us. Join Elizabeth for morning tea and offer input into the programs, events and services we plan in the future. Join us in the Chatty Cafe space for this catch up.

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 ^{from} 10.30am

2 Rochester Road, Canterbury



come along and try

FIRST SESSION FREE

WEDNESDAY 1 st MAY	Minute to Win It – Side Show Alley Join BASScare's Lisa for a fun morning of interactive team games. Test your skills, meet new friends and have a laugh while winning prizes.
WEDNESDAY 8 th MAY	World Gardens We will explore gardens from around the world and learn about the origins of some well-known flowers. Test your knowledge on different types of flowers from our gardens.
WEDNESDAY 15 th MAY	Living in Macau, China Our Volunteer coordinator Bernadette will share her experiences and challenges of living in Macau with a working husband and young family. She will share some stories and photos from her 10 years living as an Expat.
WEDNESDAY 22 nd MAY	Judy Garland Judy Garland was one of the brightest and most tragic stars of Hollywood's Golden Era, attaining international stardom as an actress in both musical and dramatic roles. Come along to hear her story and enjoy some old clips.
WEDNESDAY 29 th MAY	We shook, Rattled & Rolled – Early – 1950s cars Barry Goom returns to talk cars from the earliest models up to the 1950s. Back in the day, Trade-ins weren't a thing so very old cars were often donated to young people as their first vehicles. When Roadworthy laws came in it nearly saw the demise of wonderful old cars – Barry will talk about starting a vintage car club to save them from the wreckers.
WEDNESDAY 5 th JUNE	Italian National Day Come along to celebrate Italian National Day with some traditional morning tea, music, fun activities and quizzes. We'll discuss travelling in Italy, explore famous landmarks and learn about its fascinating history.
WEDNESDAY 12 th JUNE	King's Birthday Celebrations We will celebrate our new King's official birthday by looking at his life. We'll cover royal history and the options for the future while testing your knowledge of the royal family.
WEDNESDAY 19 th JUNE	Your Rights Explained A representative from Elders Right Advocacy will cover Aged Care Rights & Responsibilities and the advocacy support that ERA can provide. We will also discuss identifying and responding to Elder Abuse.
WEDNESDAY 26 th JUNE	Echuca's Fascinating History Matthew ETTY-Leal will talk to us about Echuca which was founded in 1850 by Henry Hopwood. It became one of Australia's busiest inland ports, with paddle steamers ferrying wool and timber throughout Australia's interior until the early 20th century. Today it's a popular tourist town showing a bygone era.

MAHJONG

The 1st and 3rd Monday of each month

SCRABBLE

The 1st and 3rd Thursday of each month

\$5*

FIRST
SESSION
FREE

1.30PM

Canterbury Centre
2 Rochester Road, Canterbury



WEDNESDAY AFTERNOON MOVIES – CANTERBURY CENTRE

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

1st May	My Best Friend Anne Frank (2021) Dutch biographical drama about the friendship between Hanneli Goslar and Anne Frank told from Goslar's perspective. The film is based on Memories of Anne Frank: Reflections of a Childhood Friend written by American author Alison Leslie Gold.
8th May	NO FILM – Mothers' Day High Tea
15th May	Now you See Me 2 (2016) The Four Horsemen, a gang of criminal magicians, are forcibly recruited by a tech genius to pull off their most impossible heist yet. Filmed in Macau.
22nd May	Judy (2018) Legendary performer Judy Garland (Renee Zellweger) arrives in London in the winter of 1968 to perform a series of sold-out concerts, in an attempt to reclaim her popularity and reputation.
29th May	The Professor and the Madman (2019) In the mid 19th Century, Professor James Murray begins work compiling words for the first edition of the Oxford English and receives over 10,000 entries from a patient at Broadmoor Criminal Lunatic Asylum, Dr. William Minor.
5th June 2pm start	Made in Italy (2020) A bohemian artist (Liam Neeson) travels from London to Italy with his estranged son (played by Neeson's real-life son) to sell the Tuscany house they inherited from their late wife/mother.
12th June	The Favourite (2018) In early 18th Century England, the status quo at the royal court is upset when a new servant arrives and endears herself to a frail Queen Anne. Stars Olivia Colman and Emma Stone.
19th June	The Last Laugh (2019) When retired talent manager (Chevy Chase) is reunited with his first client (Richard Dreyfuss), he convinces him to escape their retirement community and hit the road for a cross-country comedy tour.
26th June	Jasper Jones (2017) In the late 1960s, two teenage boys join forces to solve a chilling mystery and navigate the prejudices and secrets of their small Australian town.

FRIDAY flicks

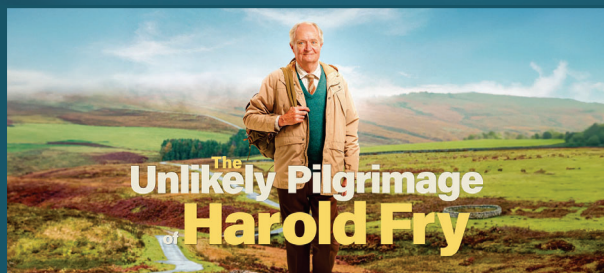


Join us once a month for a Friday morning showing of a popular film you may have missed at the cinema.

Price includes

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

\$15*



31st MAY, 10.30am

THE UNLIKELY PILGRIMAGE OF HAROLD FRY (2023)

Harold (Jim Broadbent) is an ordinary man who has passed through life, living on the side lines, until he goes to post a letter one day... and just keeps walking. This delightful British film has charmed audiences around the world.



28th JUNE, 10.30am

THE BOYS IN THE BOAT (2023)

This popular film was directed by George Clooney and is based on the true story of the 1936 University of Washington rowing team that competed for gold at the 1936 Berlin Olympic Games.

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

BALWYN NORTH SENIORS CENTRE MAY / JUNE



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 9880 4709 and speak with our Client Liaison Officers.

Working Bee Afternoon Tea

Join us for the July/August newsletter mail out at 1.30pm Wednesday June 19th at the Canterbury Centre, 2 Rochester Road, Canterbury.

Enjoy good company and a chat about the next newsletter, plus a cuppa and cake 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/

**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 Balwyn North Seniors Centre in Balwyn North.
Or it is a short walk from the Balwyn North Village stop on the 48 Tram.