

July / August 2025

STAYING CONNECTED

JOIN OUR COMMUNITY

- SPECIAL EVENTS
- BUS OUTINGS
- ACTIVITIES & EXERCISE PROGRAMS

CHRISTMAS IN JULY

\$35

Join us for a joyful celebration filled with all your traditional Christmas favourites! Enjoy a delicious three-course meal, festive drinks and all the special trimmings that make this season magical.

Wednesday 12.15pm

July 16th

Canterbury Centre

To Book Phone: 9880 4709

Wednesday 12.15pm

July 23rd

Samarinda Community Centre

To Book Phone: 9058 6060

RSVP: Please book and pay by Friday July 11th

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

BOOKINGS: **9880 4709**

WEBSITE: **basscare.org.au**



@basscareagedcare

SCAN TO
DISCOVER

BASSCARE



Rob's Take

Welcome to the July/August edition of Staying Connected. Autumn was short-lived and we are now fully into a chilly winter! We have some exciting events to stay warm through the colder months. In July, the major events are “**Christmas in July**” lunch functions at Canterbury Centre on Wednesday July 16th and Samarinda Community Centre on Wednesday July 23rd

In August there is a special High Tea and Music performance at Canterbury Centre. At Samarinda Community Centre we will be celebrating Indian Independence Day with a festive lunch and colourful celebration!

Thank you for supporting the Biggest Morning Tea in May! We had an amazing turnout and raised **\$1,064.65 for the Cancer Council!** Thanks to our wonderful clients, staff, volunteers and our generous sponsors:

- All City Bathrooms & Kitchens, Glen Iris
- Elgin Inn Hotel
- Reflections Jewellery
- Ruby T
- Timeless Nail & Beauty
- Celebrations Canterbury
- Calla & Cups

We are still accepting mid-year entries for the BASScare Footy Tipping competition. It is not too late to get involved and win some prizes. Please see the staff at both Centres for details.

Rob Howell,
Program Leader
Community Centres

Do you need transport to Canterbury Centre?

The Canterbury Centre is considering expanding the transport service to add clients attending podiatry and hairdressing. If interested, please speak to Canterbury Centre reception. If there is enough interest, we will add this new service on a permanent basis.



Staying Connected July/August 2025

CONTENTS	Page
• Special Events	3
• Lifestyle Programs	4
• Samarinda Community Centre Outings	5
• Canterbury Centre July Outings	6
• Canterbury Centre August Outings	7
• Group Activities & Exercise	8
• Lifelong Learning Group	9
• Wednesday Afternoon Movies	10
• Friday Flicks	11
• North Balwyn Senior Centre Information	
• Terms and Conditions	12

To enquire about any of these activities and services please contact:

Canterbury Centre

2 Rochester Road, Canterbury

Office Hours: Monday – Friday 9.00am – 3.30pm
(closed Public Holidays)

PHONE 9880 4709

EMAIL socialsupport@basscare.org.au

Samarinda Community Centre

296 High Street Ashburton

Office Hours: Monday – Friday 9.00am – 4.30pm
(closed Public Holidays)

PHONE 9058 6060

EMAIL social@basscare.org.au

Music & High Tea

Wednesday **August 20th**

RSVP – Bookings essential by
Friday August 15th

Stephanie lights up the stage with her vibrant, heartfelt performance. From timeless classics to crowd favourites, Stephanie's shows are joyful with toe-tapping sing-alongs.

11.00am | **\$10***

Followed by an elegant High Tea lunch. Enjoy scones, sandwiches, sweet indulgences, teas and a glass of bubbles!

12.30pm | **\$20**



Canterbury Centre

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

12.00pm | **\$25**
Friday **August 15th**

Indian Independence Day Lunch & Celebration

Join us for a joyful lunch and celebration featuring delicious food, vibrant music and the rich pride, culture and spirit of India. Wear your festive colours and get ready to enjoy patriotic tunes and authentic Indian cuisine!



Samarinda Community Centre

RSVP – Bookings essential by Friday August 8th

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

Falls Prevention Program

1 in 3 Australians 65+ fall each year!

BASScare's 12-week falls prevention program led by an exercise physiologist is designed to help you improve your balance and reduce your risk of falls – keeping you stronger for longer.

Classes Start 1.30pm
Tuesday August 19th

\$200* (Eligibility criteria applies).

The program includes:

- Pre and Post Program Assessments
- 12 weekly group exercise classes (60 mins)
- Educational Presentations

Sharrott House – 8 Rochester road, Canterbury

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

BC Connect Tech Help

Our Community Centres offer tech help sessions specifically for seniors offering hands-on support with iPhones, Android Devices and iPads. Guided step-by-step assistance is available from patient volunteers answering questions and demonstrating useful tips to improve independence with mobile technology. They can also address online banking and scam awareness.

Tech help is aimed to build digital confidence and keep our senior community safe and connected in an increasingly online world.

Tuesday 1.30pm
Thursday 10.30am

Free*

Canterbury Centre & Samarinda Community Centre (alternating weeks)

SAMARINDA COMMUNITY CENTRE Outings

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

For bookings call 9058 6060

JULY Outings

THURSDAY 3 rd	Coach and Horses, Ringwood Soak up the vibrant atmosphere at this local favourite. Senior's Menu available.	\$15* (plus lunch)
THURSDAY 10 th	Box Hill RSL Back by popular demand is this Samarindian favourite. Senior's Menu available.	\$15* (plus lunch)
THURSDAY 17 th	Legends Bistro, Moonee Valley Take in the spectacular views over the Moonee Valley racecourse and the city skyline. Senior's Menu available.	\$15* (plus lunch)
THURSDAY 24 th	Ferntree Gully Hotel Located at the foot of the Dandenong's, the Ferntree Gully Hotel is a perennial favourite. Senior's Menu available.	\$15* (plus lunch)
THURSDAY 31 st	Angler's Tavern, Maribyrnong Anglers Tavern returns as a much-loved Melbourne landmark, situated by the scenic Maribyrnong River. Senior's Menu available.	\$15* (plus lunch)

AUGUST Outings

THURSDAY 7 th	Lynbrook Hotel Lynbrook Hotel offers an international-all you can eat buffet including European, Asian and Australian meals at the most affordable prices.	\$15* (plus lunch)
THURSDAY 14 th	Op Shopping Forage through some excellent Opportunity Shops and stop for a bite to eat at a local café.	\$15* (plus lunch)
THURSDAY 21 st	Lilydale International Hotel Dine in splendour in Melbourne's beautiful eastern suburbs. Senior's Menu available.	\$15* (plus lunch)
THURSDAY 28 th	Beretta's Hotel, Langwarrin Soak up the atmosphere in Beretta's comfortable, contemporary surroundings. Senior's Menu available.	\$15* (plus lunch)

CANTERBURY CENTRE Outings

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

JULY Outings		
TUESDAY 1 st	The French Lettuce, Hurstbridge Family owned and operated business specialising in traditional and modern Australian patisserie and bakery products, for all to enjoy.	\$15* (plus lunch)
FRIDAY 4 th	Third Waves BBQ Burger, Officer Take the drive to Officer and enjoy good company and experience one of Melbourne's outer suburbs top American BBQ spots. Slow smoke meats, stacked burgers and bold flavours in a laid back, rustic setting.	\$15* (plus lunch)
TUESDAY 8 th	Paradise Valley Hotel Mt Dandenong Watch Puffing Billy steam past from the spacious dining area. Enjoy classic pub favourites no fuss. This Hotel is a warm and welcoming place on those cold days.	\$15* (plus lunch)
FRIDAY 11 th	Portsea Hotel The Portsea Hotel is an iconic seaside spot to eat, drink and unwind with stunning views over Port Phillip Bay. Watch the waves and ships roll by in a setting that's as relaxing as it is unforgettable.	\$15* (plus lunch)
TUESDAY 15 th	Paperbark Café and Kuranga Nursery Enjoy lunch at the Café. Afterwards walk around the nursery and gift shop offering inspirations for Spring.	\$15* (plus lunch)
FRIDAY 18 th	Kallista Tea Room Nestled in the Dandenong Ranges, just outside town. Enjoy local, organic Australian cuisine in our charming 1949 Art Deco building. Rug up and enjoy a stroll through town.	\$15* (plus lunch)
TUESDAY 22 nd	Melbourne Immigration Museum Everyone has a story. As you explore the museum, you might see your own reflection in others revealing how connected we truly are.	\$15* (plus lunch)
FRIDAY 25 th	South Melbourne Market Since 1867, South Melbourne Market has been a beloved local hub for fresh food. Discover vibrant stalls, passionate traders and a true foodie's paradise where quality, flavour and local pride come together.	\$15* (plus lunch)
TUESDAY 29 th	Warburton Township Stroll through the charming township of Warburton, pick up some local goodies and enjoy a bite wherever you like. Spend time with new or regular faces on the bus and soak in the scenic country views along the way.	\$15* (plus lunch)

BOROONDARA BLOKES		
MONDAY 14 th	Home Truth – NGV Architecture Commission 2024 Explore Home Truth by Breathe, a bold take on the Aussie home. A large house frame surrounds a small timber space, inviting you to rethink size, sustainability, and how we live.	\$15* (plus lunch)
MONDAY 28 th	Moone Valley Legends Bar Soak in stunning views of Moonee Valley and the Melbourne skyline. Enjoy mouthwatering meals and good companionship.	\$15* (plus lunch)

FOR BOOKINGS CALL 9880 4709

Follow BASScare on Facebook and Instagram for updates on social support activities, outings and our range of services. Simply search BASScareAgedCare, find our profile, and click Follow!

AUGUST Outings

FRIDAY 1 st	Dark Horse Café Watsons Creek Delicious food, warm hospitality and a stunning natural setting topped off with a visit to Gallery 7 six 5, a rustic bushland gallery featuring bold abstract art by Benny Archer and local talent.	\$15* (plus lunch)
TUESDAY 5 th	Waverley Antique Bazaar Waverley Antique Bazaar is full of vintage treasures and nostalgic finds perfect for a stroll. Enjoy lunch at the nearby M-City Shopping Centre.	\$15* (plus lunch)
FRIDAY 8 th	Rivers of Yarrambat A cozy, family run nursery café serving delicious food made with local produce. Relax, explore and enjoy the lush surrounds, there's plenty to see!	\$15* (plus lunch)
TUESDAY 12 th	Cinema and Café Join us for a relaxing movie, tasty lunch and friendly chat.	\$15* (plus lunch & movie ticket)
FRIDAY 15 th	NGV French Impressionism Exhibition Captures the energy and innovation of late 19th century France, where artists like Monet, Renoir and Degas broke away from traditional rules to paint light, colour and everyday life in new ways.	\$15* (plus lunch & ticket)
TUESDAY 19 th	DFO Uni Hill Bundoora Ready to shake off those winter clothes? At DFO Uni Hill update or just browse, shopping made easy with great deals and helpful service.	\$15* (plus lunch)
FRIDAY 22 nd	MacNamara's Irish Pub Kilmore Where good vibes, even better company come together, visitors find it hard to leave. Enjoy a tasty meal and a warm welcome every time.	\$15* (plus lunch)
TUESDAY 26 th	Kirkpatrick's Hotel Mornington Kirks on the Esplanade is a beloved waterfront destination in Mornington, offering a unique blend of historic charm and modern comfort. Diverse menu which will entice you.	\$15* (plus lunch)
FRIDAY 29 th	Sky High Restaurant Enjoy panoramic views all the way to the city at this iconic landmark. If we have 20 guests, we will be offered a set 2-course menu in restaurant (\$40.00 PP). If not, we'll enjoy a tasty lunch at the downstairs Kiosk.	\$15* (plus lunch)

BOROONDARA BLOKES

MONDAY 11 th	The French Lettuce Join your mates and enjoy traditional and modern Australian patisserie and bakery products.	\$15* (plus lunch)
MONDAY 25 th	Kuranga Nursery Enjoy lunch at the Café then after walk around the nursery.	\$15* (plus lunch)

GROUP ACTIVITIES & EXERCISE

Social Stitches & Premmie Knitting:

\$5*

Bring your own craft projects or create baby items with wool and patterns provided.

Wednesdays 1.30pm

📍 Canterbury Centre | Transport available

Brain Games:

\$5*

An interactive session of quiz questions and trivia to activate the brain.

Mondays 1.30pm

📍 Canterbury Centre | Transport available

Art Class:

\$10*

Join our art therapist's for a creative journey that will enhance your artistic abilities!

Mondays 10.30am

📍 Canterbury Centre

Chatty Cafe:



Spreading
HAPPINESS
with Chatty Cafe

Free

Enjoy coffee, tea and great conversation with others in a relaxed apostrophe.

Fridays 10.00am | Mondays 10.00am

📍 Canterbury Centre

📍 Samarinda Community Centre

Join Us for a Delicious Community Lunch!

Come along to the Community Centres and enjoy a nutritious 3-course meal with friendly faces and delightful conversation.

12.00pm

Wednesday & Friday

To Book Phone: 9058 6060

📍 Samarinda Community Centre

12.30pm

Monday, Tuesday & Wednesday

To Book Phone: 9880 4709

📍 Canterbury Centre

Bookings required (minimum 2 days in advance)
Transport: \$5* each way (booking required & conditions apply)

Exercise Physiology Sessions:

Struggling with balance, strength, or getting up easily?

Targeted individual exercise can boost your mobility, confidence and independence. Our Accredited Exercise Physiologist provides safe, personalised programs to improve strength and balance—helping you stay active and independent.

Subsidised (with My Aged Care referral): \$25* standard | \$50* extended

Standard (including Home Care Packages): \$75 standard | \$150 extended

Sharrott House – 8 Rochester Road, Canterbury

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

LIFELONG LEARNING GROUP AT CANTERBURY CENTRE

Lifelong Learning Group keeps our brains active and healthy while enriching our lives. Every week enjoy a different themed topic and speaker.

Stay for lunch (\$13*) afterwards and enjoy the conversation with our friendly group. Transport available: \$5* each way (booking required & conditions apply).

Wednesdays ^{from} 10.30am

2 Rochester Road, Canterbury

\$10*

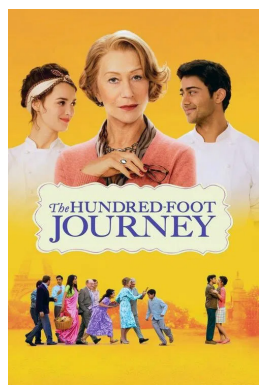
come along and try

FIRST SESSION FREE

WEDNESDAY 2 nd JULY	Paris in Autumn Paris in Autumn is a magical experience, showcasing vibrant foliage, cultural events and the perfect time to explore the city's charm. Caroline shares her travel experiences in Paris with the group.
WEDNESDAY 9 th JULY	Come Fly with Sir Hudson Fysh An inspiring talk by Matthew on Sir Hudson Fysh, the co-founder of Qantas and a pioneering aviator. Learn about his incredible journey from the battlefields of World War I to the skies of Australia and how he helped shape the future of aviation.
WEDNESDAY 16 th JULY	Christmas Movies From heart-warming classics to laugh-out-loud comedies, join Trish as we reminisce about the most beloved Christmas films that bring joy and nostalgia to the Christmas in July season.
WEDNESDAY 23 rd JULY	Komono NGV to you Featuring a selection of historical costumes alongside works by contemporary designers featured in the NGV exhibition Kimono, we consider Japan's textile traditions and their impact on contemporary fashion, art and design
WEDNESDAY 30 th JULY	Body Bits Linda will be investigating some of the important organs we all have in our bodies, like the heart, liver, kidneys, appendix etc. What they look like, what they do, what happens when they go wrong? Also, when our body bits do go wrong, how some common medications that are designed to fix things work on our various organs.
WEDNESDAY 6 th AUGUST	Dad & Dave Barry Goom will discuss the funny Dad & Dave characters, together with some history of the origin of these characters and the music written for the popular radio series.
WEDNESDAY 13 th AUGUST	Relive your School Days Join us for a nostalgic journey as we share favourite memories from school. Celebrate the moments that made our school years special. Please bring something to share and reminisce!
WEDNESDAY 20 th AUGUST	Piano Playing Stephanie – 11.00am Start Stephanie has been lighting up Melbourne stages for over 30 years with her vibrant, heartfelt performances. From timeless classics to crowd favourites, her shows are full of joy, connection and toe-tapping sing-alongs.
WEDNESDAY 27 th AUGUST	Learning the basics of Yoga Yoga is a wonderful practice that offers numerous benefits for both the body and mind. Here are some key aspects and benefits of yoga, including postures and breathing exercises.

WEDNESDAY AFTERNOON MOVIES – CANTERBURY CENTRE

Join us for a film or documentary each **Wednesday at 1.30pm** including an ice cream. **Cost: \$5***



JULY 2 nd	The Hundred-Foot Journey (2014) A chef and his family leave India to open an eatery in the south of France, where they clash with the haughty restaurateur (Helen Mirren) across the street.
JULY 9 th	Martha (2024) Told in her own words, this candid documentary charts the unstoppable rise, sudden fall and hard-won comeback of lifestyle icon Martha Stewart.
JULY 16 th	NO FILM – Christmas in July event
JULY 23 rd	A Stitch in Time (2022) Heart-warming story about a former dressmaker who reinvents herself after befriending a young Chinese fashion designer. A moving tale that beautifully celebrates age, culture and the diversity of Australian life.
JULY 30 th	Chef (2014) A head chef quits his job and buys a food truck in an effort to reclaim his creative promise, while piecing back together his estranged family.
AUGUST 6 th	Sweet Country (2017) Set on the Northern Territory frontier in the 1920s, justice itself is put on trial when an aged Aboriginal farmhand shoots a white man in self-defence and goes on the run. Starring Sam Niell and Bryan Brown.
AUGUST 13 th	Are You There God? It's Me, Margaret (2023) In the 1970s, 11-year-old Margaret navigates new friendships, family life, questions of faith – and the agony of waiting for puberty to finally arrive.
AUGUST 20 th	NO FILM – Music & High Tea event
AUGUST 27 th	My Penguin Friend (2024) Inspired by a true story; an enchanting tale about a lost penguin rescued from an oil spill, who transforms the life of a heartbroken fisherman.

FRIDAY flicks

at Samarinda



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

\$5*

Price includes

MOVIE
with
INTERMISSION



TEA/COFFEE
and
ICE-CREAM

Join us for lunch prior. \$13* (bookings essential)

July 25th 1.30pm

NONNAS (2025)

After losing his beloved mother, a man risks everything to honour her by opening an Italian restaurant with actual grandmothers as the chefs. Starring Vince Vaughn and Lorraine Bracco.



August 29th 1.30pm

THE TWO POPES (2019)

Behind Vatican walls, the conservative Pope Benedict XVI (Anthony Hopkins) and the liberal future Pope Francis (Jonathan Pryce) must find common ground to forge a new path for the Catholic Church.



Samarinda Community Centre 296 High Street, Ashburton

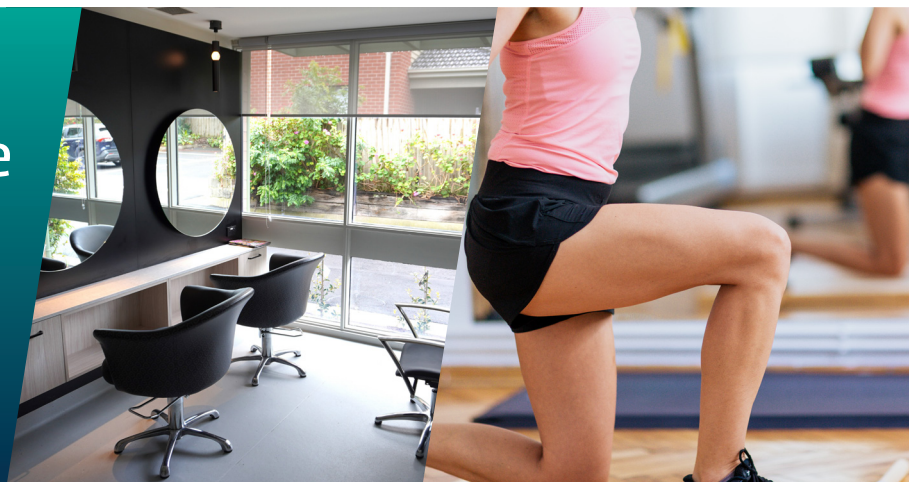
Transport: \$5* each way (booking required & conditions apply)

North Balwyn Seniors Centre

Group Exercise Classes

Hairdressing

Podiatry



9 Marwal Avenue, Balwyn North | Phone: 9880 4752

Office Hours: Monday to Friday, 9:00am – 3.30pm (closed Public Holidays)



*Group Activities and Programs – Terms & Conditions

Most clients are eligible for the Commonwealth Home Support Program (CHSP) subsidy. Listed prices are subsidised, requiring a My Aged Care number and referral code.

For details or a fee schedule, please contact:

Canterbury Centre or Samarinda Community Centre

Working Bee Afternoon Tea

Help with the September/October Staying Connected mail-out at
1.30pm on Wednesday August 20th, at Canterbury Centre.

Enjoy tea, cake and good company as a thank-you!

Transport

\$10* per return trip to or from Canterbury Centre/Samarinda Community Centre activities and lunch
(subject to availability).

Samarinda Community Centre Pick-up Areas: Camberwell, Glen Iris, Ashburton, Ashwood.

Canterbury Centre Pick-up Areas: Camberwell, Canterbury, Surrey Hills, Balwyn.

Canterbury Bus Outings: Kew, North Balwyn, Balwyn, Canterbury, Surrey Hills, Camberwell, Hawthorn.

BOOKING REQUIRED: AT LEAST TWO DAYS IN ADVANCE.

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

BOOKINGS ESSENTIAL FOR ALL SOCIAL ACTIVITIES & TRANSPORT

Canterbury Centre Phone: 9880 4709

Samarinda Community Centre Phone: 9058 6060

Feedback Welcome! Share your thoughts on trips, activities, or groups via
feedback cards at reception or online: www.basscare.org.au/contact-us/

**We acknowledge the outstanding contribution
Volunteers make to BASScare's services & activities.**

SCAN TO
EXPLORE
the many
BASScare
services



- ⦿ **Canterbury Centre:** Limited parking available (watch parking restrictions). Accessible via the 285-bus route or a short walk from Canterbury Station.
- ⦿ **Samarinda Community Centre:** Parking available underneath, behind and on nearby streets; accessible via the 734-bus route or a short walk from Ashburton Station.
- ⦿ **North Balwyn Seniors Centre:** Ample street parking; a short walk from the Balwyn North Village stop on the 48 Tram.