

September/October 2025

# STAY I N G JOIN OUR COMMUNITY CONNECTED

- SPECIAL EVENTS
- BUS OUTINGS
- **ACTIVITIES & EXERCISE PROGRAMS**



# **AFL Finals Fever Time**

Come wearing your favourite team's colours for a fun filled lunch. Enjoy footy food, drink & footy trivia.

Wednesday 12.15pm September 24th

Canterbury Centre **To Book:** 9880 4709 or socialsupport@basscare.org.au **Ashburton Seniors Centre To Book:** 9058 6060

or social@basscare.org.au

RSVP: Please book and pay by Friday September 19th

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

BOOKINGS: 9880 4709

basscare.org.au WEBSITE:

**f o** 

@basscareagedcare

**SCAN TO DISCOVER BASSCARE** 



You may notice in this edition of Staying Connected that the Samarinda Community Centre is now referred to as the Ashburton Seniors Centre. This is the official name of the building at 296 High Street, Ashburton, which is owned by the City of Boroondara. We have updated our print and digital materials at the Council's request to reflect this. Please be assured there is no change to the programs, services, or the community you know and love. We remain proud of the Samarinda name, which continues to represent our values and the strong connections we've built together over the years. We thank Boroondara Council for their continued support, which enables us to deliver the programs and activities that bring us all together.

### Rob's Take

### **Welcome to Spring!**

We welcome new faces to our Community Centres. Kate & Peter have joined to run Bus Outings. Rodney departs after 6 years entertaining Bus Outing groups. BASScare runs 14 outings monthly across 2 Community Centres! Sam joins our Social Support team and will be running activities at both Community Centres. We sadly said farewell to our German volunteers Valentina, Sali & Carina in August after their "Gap Year" program. Isabelle, Eleonora, Charlotte and Emilia arrive in September to commence their year assisting at Canterbury Centre and Ashburton Seniors Centre. Please make them all feel welcome.

It's AFL Footy Finals time, the BASScare footy tipping is hotly contested. Footy Finals lunches are being held where the winners will be announced. Wear your team's colours! October has the Victorian Seniors Festival, a monthlong celebration of events right across Victoria promoting positive ageing and highlighting the contributions of older adults in our community. BASScare is running "musical-themed" events to celebrate Seniors week.

October also marks Mid-Autumn Festival time for our Chinese and Vietnamese cultural groups. There will be celebrations at Ashburton Seniors Centre the entire week commencing Monday 6th October. Please contact Ashburton Seniors Centre for more details.

### **Rob Howell**

Program Leader Community Centres

### Staying Connected September/October 2025

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### To enquire about any of our 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

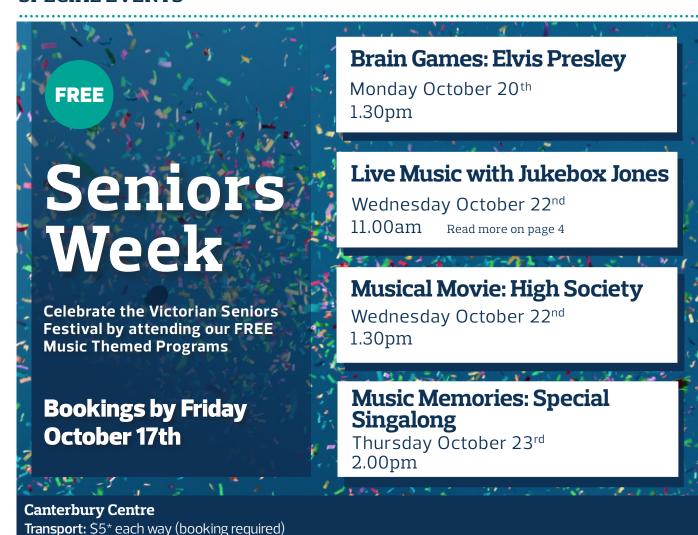
### **Ashburton Seniors Centre**

296 High Street, Ashburton

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

PHONE 9058 6060

**EMAIL** social@basscare.org.au



### Community Feedback Sessions

In June, BASScare held Community Feedback Sessions at both Community Centres. Both sessions were well attended with clients, BASScare management and respective Boroondara Councillors. We received valuable feedback on our Activity Programs, Administration, Rochester Road redevelopment, Bus Outings and our Community Centre meals. We will be working through your feedback to ensure your ideas and suggestions are incorporated into our programs.

There are several ways you can contribute your input into what BASScare offers – from program and outing suggestions to the design of Staying Connected, and even what we serve for lunch. Visit us in person or submit your feedback online.

# Learning, Sharing and Building Skills Living at Home Living at Home Living at Home Living at Home

### **Canterbury Centre**

**Phone:** 9880 4709

or email socialsupport@basscare.org.au

### **Ashburton Seniors Centre**

**Phone:** 9058 6060

or email social@basscare.org.au



Please scan here to provide your feedback online.

# LIVE MUSIC WITH JUKEBOX JONES

AT CANTERBURY CENTRE

Enjoy a morning of unforgettable live music! From Sinatra's smooth classics to Buddy Holly's rock 'n' roll and timeless Beatles hits. Sing along with Neil Diamond, groove to Tom Jones and relive the best of every era in a joyful musical journey through the decades.

**Bookings by Friday October 17th** | Transport: \$5\* each way (booking required)

11.00am Wednesday
OCTOBER 22<sup>nd</sup>



# GDR 95.7FM GOLDEN DAYS RADIO

Radio presenter Barry will captivate us with behind-thescenes stories of running a successful radio show, while also revealing what it truly takes to bring a program to life on the airwaves.

**Bookings by Tuesday September 30th** 

10.30am Wednesday OCTOBER 1st

\$10

**Canterbury Centre** 

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

# BC Connect **Tech Help**

Our Community Centres offer one-on-one tech help sessions, with hands-on support for iPhones, Androids and iPads. Friendly volunteers provide step-by-step guidance, answer questions and share tips to build digital confidence. Learn online banking, scam awareness and how to stay safe and connected in today's digital world.

Whether you're new to technology or need a refresher, our patient team is here to help.

Tuesdays **1.30pm** Thursdays **10.30am**  FREE Notes Photos Photo

Canterbury Centre & Ashburton Seniors Centre (by appointment only)

### **ASHBURTON SENIORS CENTRE** Outings

\*To receive the subsidised price you will need a My Aged Care number and referral. For bookings call 9058 6060

SEPTEMBER Outings		
THURSDAY 4 <sup>th</sup>	<b>DFO Moorabbin</b> Have a wander and grab a bargain. Lunch afterwards will be at the Cheltenham RSL.	\$15* (plus lunch)
THURSDAY 11 <sup>th</sup>	Morning Star Hotel, Williamstown Rug up and explore picturesque Williamstown. Dine at a bus outing favourite lunch place.	\$15* (plus lunch)
THURSDAY 18 <sup>th</sup>	Castello's at Croydon Hotel Castello's is always vibrant and welcoming. Enjoy your delicious lunch in Melbourne's north-east. Seniors Menu available.	<b>\$15</b> * (plus lunch)
THURSDAY 25 <sup>th</sup>	Mystery Outing  No one knows where the Bus Outing is going (even the driver). Bribes will not be accepted!	\$15* (plus lunch)

OCTOBER Outings		
THURSDAY 2 <sup>nd</sup>	The Cove Hotel, Patterson Lakes  Nestled in the Patterson Lakes Marina, the Cove offers breathtaking views over the water and a delicious menu. Seniors Menu available.	<b>\$15</b> * (plus lunch)
THURSDAY 9 <sup>th</sup>	Wantirna Hill Club  Everything you would expect from a classic Melbourne pub, enjoy a delicious lunch amongst good company. Seniors Menu available.	\$15* (plus lunch)
THURSDAY 16 <sup>th</sup>	York on Lilydale  A bus outing to explore lovely Mt Evelyn. Enjoy a delicious meal in the scenic Dandenong Ranges. Seniors Menu available.	\$15* (plus lunch)
THURSDAY 23 <sup>rd</sup>	RAAF Base Point Cook & Sanctuary Lakes Hotel We travel to Point Cook for an early buffet lunch at the Sanctuary Lakes Hotel. This is followed by a fascinating tour of the RAAF base. Free entry.	\$15* (plus lunch)
THURSDAY 30 <sup>th</sup>	Paradise Valley Hotel, Clematis Paradise by name and paradise by nature, this Clematis hotel has a warm and inviting feel. Seniors Menu available.	\$15* (plus lunch)

### **CANTERBURY CENTRE** Outings

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

All outings are \$15\* plus lunch or tickets, \$15\* outing payment is billed at the end of the month.

When applicable, lunch or tickets which require pre-booking will need to be paid for at time of booking.

SEPTEMBER Outings		
TUESDAY 2 <sup>nd</sup>	Mulgrave Country Club Enjoy a relaxed outing with great company and a delicious lunch, featuring classics like Parmas and Lamb Racks to suit every taste.	\$15* (plus lunch)
5 <sup>th</sup>	Frankston Arts Centre – \$56 Lunch & Show Ticket Enjoy lunch and an electrifying show. Two GrandsFour Hands. Features pianists Elyane Laussade and William Schmidt with vocals by Alison Jones. \$56 lunch & show ticket payment is required at the time of booking.	\$15* (excl. ticket & lunch)
TUESDAY 9 <sup>th</sup>	<b>State Library, Melbourne CBD – \$30 Tour Ticket</b> Join a guided tour of the historic State Library Victoria, exploring grand reading rooms and galleries. Lunch at Mr Tulk Café. \$30 tour ticket payment is required at the time of booking. <i>Active Outing!</i>	\$15* (excl. tour, plus lunch)
friday 12 <sup>th</sup>	<b>Alowyn Gardens, Yarra Glen – \$11 Entry &amp; \$12 Picnic Lunch</b> Explore the award-winning Alowyn Gardens, 25 years in the making. Enjoy scenic walks and a picnic lunch in the French Garden. \$11 entry & \$12 picnic lunch payment is required at the time of booking. <b>Active Outing!</b>	\$15* (excl. ticket & lunch)
TUESDAY 16 <sup>th</sup>	Canadian Bay Hotel, Mt Eliza  Relax in Mt Eliza village with lunch at a family run hotel, known for fresh local produce, warm hospitality and ocean views. No swimming required!	\$15* (plus lunch)
friday 19 <sup>th</sup>	Archibald Prize Geelong – \$20 Entry Ticket  Calling all art lovers! Don't miss the Archibald Prize 2025 exhibition at Geelong Gallery, showcasing finalist portraits judged by Art Gallery of NSW. A must see celebration of portrait artistry. \$20 entry ticket payment is required at the time of booking.	\$15* (excl. ticket, plus lunch)
TUESDAY 23 <sup>rd</sup>	Edithvale General Store  A scenic trip to the beach to enjoy a tasty stop at Edithvale General Store.  This is a local favourite known for yummy food, friendly service and a warm, welcoming vibe.	\$15* (plus lunch)
FRIDAY 26 <sup>th</sup>	AFL Grand Final Public Holiday — No Outing	
TUESDAY 30 <sup>th</sup>	Waves On The Beach Restaurant, Frankston Dine by the water at Waves On The Beach Restaurant, an award winning gem with stunning views over Port Phillip Bay.	\$15* (plus lunch)
BOROON	DARA BLOKES	
MONDAY 1st	Edendale Community Farm, Eltham  We're heading to Edendale! Soak up nature, meet the animals and collect a few handy tips on sustainable living. Lunch will be at Eden Café.	<b>\$15</b> * (plus lunch)
MONDAY 15 <sup>th</sup>	Scienceworks, Spotswood  A fun, hands-on day exploring big machines and clever inventions. Individual tickets purchased at the door: \$10 with seniors card, otherwise \$15.	\$15* (excl. ticket, plus lunch)
MONDAY 29 <sup>th</sup>	<b>Tullamarine Plane Spotting</b> Plane spotting from the end of the Tullamarine runway followed by a hearty lunch at the Kealba Hotel. Great views, good food and airplane fun.	<b>\$15</b> * (plus lunch)

### FOR BOOKINGS CALL 9880 4709

**27**<sup>th</sup>

**Active Outing!** 

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!

ОСТО	<b>BER</b> Outings	
FRIDAY 3 <sup>rd</sup>	McClelland Gallery & Sculpture Park, Langwarrin – \$6 Entry Explore art and nature at McClelland Sculpture Park. 16 hectares of bushland and inspiring Australian works. Lunch at Harry's Café. \$6 entry ticket price is payable at the venue. Active Outing!	\$15* (excl. ticket, plus lunch)
7 <sup>th</sup>	Brown Cow Café, Hampton  Enjoy tasty food and drinks at a local Hampton hot spot known for great vibes and service.	\$15* (plus lunch)
friday 10 <sup>th</sup>	Olinda Tea House  Experience the Olinda Tea House, where traditional Chinese cooking meets fresh local ingredients. Enjoy a unique dining journey and the stunning character of the Dandenong Ranges.	\$15* (plus lunch)
TUESDAY 14 <sup>th</sup>	William Angliss, Melbourne CBD  A delicious meal at Angliss student restaurant. The talented hospitality students serve up great food for an outing full of flavour and charm.	<b>\$15</b> * (plus lunch)
FRIDAY 17 <sup>th</sup>	Frankston Arts Centre – \$56 Lunch & Show Ticket  Join theatre legend Rhonda Burchmore in Wish Upon a Star, a musical journey through her 40 year career. \$56 lunch & show ticket payment is required at the time of booking.	\$15* (excl. ticket & lunch)
TUESDAY 21st	Panton Hill Hotel  Escape to the country with an outing to the Panton Hill Hotel. Tasty food, fresh country air and warm hospitality abound at this charming, newly renovated country pub with true local flavour.	\$15* (plus lunch)
FRIDAY 24 <sup>th</sup>	Edendale Community Farm, Eltham  A relaxing day at Edendale Farm! Meet animals, explore gardens and learn simple, sustainable living tips in a peaceful setting. Active Outing!	\$15* (plus lunch)
TUESDAY 28 <sup>th</sup>	Werribee Park Mansion – \$20 Entry & Tour Ticket  Step back in time at Werribee Park Mansion, explore its rich history then enjoy lunch at the onsite café. \$20 entry and tour ticket payment is required at the time of booking. Active Outing!	\$15* (excl. ticket, plus lunch)
FRIDAY 31 <sup>st</sup>	Cranbourne Gardens – \$12 Tour Ticket  Explore the stunning Australian Garden at Cranbourne Botanic Gardens on a guided open air bus tour, then enjoy lunch at the café. \$12 tour ticket payment is required at the time of booking. Active Outing!	\$15* (excl. tour, plus lunch)
BOROOM	NDARA BLOKES	
MONDAY 13 <sup>th</sup>	Canadian Bay Hotel, Mt Eliza  Catch up with the blokes over a drink and a bite at this Mt Eliza favourite. This family run spot serves up great food, cold drinks and great local vibes.	<b>\$15</b> * (plus lunch)
MONDAY 27th	Living Legends, Greenvale – \$20 Tour Ticket	\$15*

Meet retired champion racehorses on a one-hour guided tour. Pat, feed and

snap a photo. \$20 tour ticket payment is required at the time of booking.

(excl. tour,

plus lunch)

### Zumba Gold

Stay active and have fun with Zumba Gold! Easy dance moves, great music and joyful energy for all fitness levels.

### Mondays 12.30pm

O Ashburton Seniors Centre



### **Mahjong**

Discover Mahjong in a friendly group—learn the game, showcase your skills and enjoy great company, conversation and fun.

**\$5**\*

\$5\*

### Mondays 1.30pm (Fortnightly)

O Canterbury Centre | Transport available

### **Sewing Group**

Our friendly group will share stitching skills, create projects and enjoy social time together.

### Thursdays 1.30pm

Ashburton Seniors Centre | Transport available

### Yoga

Connect body, breath and mind. Yoga uses physical postures, breathing exercises and meditation to improve overall health.

### Thursdays 1.30pm

© Canterbury Centre | Transport available

### **Art Hobby Group** Connect with a welcoming group of art enthusiasts exploring various creative forms in a relaxed and supportive environment.

### Fridays 10.00am

Ashburton Seniors Centre | Transport available

### **Music Memories**

Relive golden hits with music and afternoon tea. Sing, smile and reminisce together.

### Thursdays 2.00pm (Fortnightly)

O Canterbury Centre | Transport available

### Join Us for a Delicious **Community Lunch!**

Come along to the Community Centres and enjoy a delicious meal with friendly faces and delightful conversation.

### 12.00pm

Wednesday & Friday **To Book Phone:** 9058 6060

Ashburton Seniors Centre

### 12.30pm

Monday, Tuesday & Wednesday **To Book Phone:** 9880 4709

Canterbury Centre

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





September 26<sup>th</sup>
AFL GRAND FINAL PUBLIC HOLIDAY.
NO MOVIE SCREENING.



### October 31st 1.30pm

**WICKED** (2024)

Award-winning film based on the Broadway musical which tells the story of how a green-skinned woman framed by the Wizard of Oz becomes the Wicked Witch of the West.



Ashburton Seniors Centre. 296 High Street, Ashburton

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



9 Marwal Avenue, Balwyn North | Phone: 9880 4752

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

**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\*) & movie (\$5\*)** afterwards and enjoy the conversation with our friendly group. Transport \$5\* each way (booking required & conditions apply).

## Wednesdays <sup>from</sup> 10.30am

come along and try

FIRST SESSION FREE

WEDNESDAY 3rd SEPTEMBER	Father's Day Special  Spend a heartfelt session with Trish sharing memories of fathers, husbands or other special male figures. Bring a story or photo to share and connect with others in a supportive group setting.
WEDNESDAY 10 <sup>th</sup> SEPTEMBER	Let's Visit Nepal  Embark on an unforgettable journey to Nepal with Bill! Trek the Himalayas, explore Kathmandu's ancient temples and immerse in vibrant culture. Marvel at Everest Base Camp views and relax in Pokhara's serene beauty.
WEDNESDAY 17 <sup>th</sup> SEPTEMBER	Balwyn from Paddock to Prosperity  Matthew Etty-Leal from the Balwyn Historical Society will discuss Balwyn's shift from small farms to a vibrant suburb. The 1916 tram extension and 1921 land-tax spurred development. Shops, churches, schools and clubs soon followed.
WEDNESDAY 24 <sup>th</sup> SEPTEMBER	2025 AFL Hall of Fame Legends  Put on your team colours and join us for an exciting morning filled with games and discussions about the 12 football legends inducted into the AFL Hall of Fame in 2025!  Join us for a Football Fever lunch afterwards \$13* bookings essential.
WEDNESDAY 1 <sup>St</sup> OCTOBER	GDR 95.7FM Golden Days Radio  Radio presenter Barry Goom will delight us with stories of running a successful radio program and share his insight into what it takes to get a radio show on the air.
WEDNESDAY 8 <sup>th</sup> OCTOBER	National Day of Spain  Come on holiday to Spain with Bernadette! Savour delicious food, historic cities and stunning beaches. Experience the passion of flamenco, the excitement of festivals and the warmth of Spanish hospitality. From Barcelona to Seville, Spain offers an adventure for every traveller.
WEDNESDAY 15 <sup>th</sup> OCTOBER	2025 Photography Award Winners  Photography shapes how we view our world. We will look at the top Nature, Landscape and World Press photographs for 2025. Bring along your favourite photographs to share.
WEDNESDAY 22nd OCTOBER	Live Music with Jukebox Jones – 11.00am Start (FREE)  Step into a morning of unforgettable live music! From Frank Sinatra's smooth classics, Buddy Holly's rock 'n' roll energy to the timeless hits of The Beatles, we celebrate the best of every era. Sing along with Neil Diamond, groove to Tom Jones and enjoy music through the decades!
WEDNESDAY 29 <sup>th</sup> OCTOBER	Blueberry Jam Making  Experience the delight of making your own blueberry jam with Trish! With all ingredients and materials provided by BASScare, you'll create a delicious jar to take home and enjoy.

### **WEDNESDAY AFTERNOON MOVIES** – CANTERBURY CENTRE

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











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SEPTEMBER 3rd

### The Long Game (2023)

The true story of a Mexican American High School golf team in 1950s Texas. The film explores their challenges, dreams and triumphs in the face of racism and discrimination.

SEPTEMBER 10<sup>th</sup>

### La Dolce Villa (2025)

A successful businessman travels to Italy to stop his daughter from spending all her money to restore an old villa. However, Italy has other romantic plans.

SEPTEMBER 17<sup>th</sup>

### The Duchess (2008)

Lavish drama chronicling the life of 18th–century aristocrat Georgiana, Duchess of Devonshire, who was revered for her extravagant political and personal life. Starring Keira Knightley and Ralph Fiennes.

34<sup>th</sup>

### Red, White & Brass (2023)

Inspired by true events; Red, White & Brass tells the tale of an amateur Tongan brass band who bluffed their way on to the field at the 2011 Rugby World Cup.

OCTOBER 1<sup>St</sup>

### I'll see you in my Dreams (2015)

After realising how lonely and routine her life has become, a longtime widow begins relationships with two very different men. Starring Blythe Danner and Sam Elliott.

OCTOBER 8<sup>th</sup>

### The Teacher Who Promised the Sea (2023)

Inspired by extraordinary true events, this drama follows a charismatic teacher whose progressive outlook transforms the lives of a group of young students on the eve of the Spanish Civil War but places him in the crossfire of local authorities.

OCTOBER 15<sup>th</sup>

### October Sky (1999)

A true story of a coal miner's son in poverty-stricken West Virginia, who, inspired by Soviet satellite Sputnik streaking across the heavens in 1957, pursues his dream of rocketry. Starring Jake Gyllenhaal.

22<sup>nd</sup>

### High Society (1956) - Seniors Week Free Movie

With socialite Tracy Lord (Grace Kelly) about to remarry, her ex-husband (Bing Crosby) – with the help of a sympathetic reporter (Frank Sinatra) – has 48 hours to convince her that she really still loves him.

OCTOBER 29<sup>th</sup>

### The Appleton Ladies Potato Race (2023)

Warmhearted Australian film about a woman returning to her hometown and ruffling more than a few feathers.



### \*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 Ashburton Seniors Centre.

BASScare Community Centre meals have a 2-day cancellation policy to allow for catering.

BASScare bus outings have a 2-day cancellation policy. Pre-paid event tickets are not refundable.

Charges will apply for late cancellations.

### **Working Bee Afternoon Tea**

Help with the November/December Staying Connected mail-out at **1.30pm** on **Wednesday October 22**nd, at **Canterbury Centre.** Enjoy tea, cake and good company as a thank you.

### **Transport**

**Cost:** \$5\* each way to/from Canterbury Centre/Ashburton Seniors Centre activities and lunch (subject to availability).

Ashburton Seniors 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
Ashburton Seniors 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.
- Ashburton Seniors 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.