

November/December 2025

STAYING CONNECTED

JOIN OUR
COMMUNITY

- SPECIAL EVENTS
- BUS OUTINGS
- ACTIVITIES & EXERCISE PROGRAMS

Christmas Lunch

Celebrate the season with a festive feast among friends! Enjoy a delicious traditional Christmas lunch, complete with all your seasonal favourites and live music to get you into the holiday spirit.

Canterbury Centre

Wednesday, December 17th | 12:15pm

To Book: 9880 4709

Please book and pay by December 12th

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

Ashburton Seniors Centre

Wednesday, December 3rd | 12:15pm

To Book: 9058 6060

Please book and pay by November 28th

\$35

BOOKINGS: **9880 4709**

WEBSITE: basscare.org.au



@basscareagedcare

SCAN TO
DISCOVER

BASSCARE



Rob's Take

Welcome to the final edition of Staying Connected for 2025. We're excited about the redevelopment of the Rochester Road site and the plans for a wonderful new Community Centre. Preparations are currently underway to find a replacement activity location for the Canterbury Centre. You'll receive a separate communication once details have been finalised.

This is my final Staying Connected, as I'll be leaving after almost five years across

Samarinda and BASScare, where I've had the privilege of leading the Disability, Dementia, Meals on Wheels and Social Support programs at different stages. I'm heading off for a well-earned holiday in Greece!

I wish you all a peaceful holiday season with your friends and families. Please stay safe in whatever you're doing over the break. There are exciting times ahead for our wonderful BASScare community in 2026.

Rob Howell,
Program Leader
Community Centres

Volunteering at BASScare Community Centres

We'd love you to join our exciting volunteer opportunities! Whether you want to support others, learn new skills, or make a difference in your community, there's something for everyone. To learn more or refer a friend, **contact Bernadette Scicluna**, Volunteer Engagement Coordinator, on **9880 4709** or **volunteers@basscare.org.au**

Current Volunteer Opportunities:

- Kitchen and Baking Assistants
- Bus Outing Assistants (lunch provided)
- Centre-based Program Assistants

Staying Connected November/December 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

SPECIAL EVENTS



12.00pm – 2.00pm

Christmas Day Lunch

Join us on Christmas Day for a very merry festive lunch with all your traditional favourites. Come and enjoy the day in a relaxed and joyful setting.

Thursday, **December 25th**

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

\$35

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



Information Session

Rochester Road Redevelopment

Come along to an information session about the redevelopment of the Rochester Road site. We'll share plans for relocating our activity programs during the construction period. A light afternoon tea will be provided.

2:00pm | Thursday, November 27th

Canterbury Centre

HOLIDAY PERIOD PROGRAM SCHEDULE

PROGRAM/SERVICE	LAST SESSION 2025	FIRST SESSION 2026
Canterbury Centre		
Art Class	Monday, December 15 th	Monday, January 5 th
Brain Games	Monday, December 15 th	Monday, January 5 th
Mahjong	Monday, December 15 th	Monday, January 19 th
BC – Connected (Tech Help)	Tuesday, December 16 th	Tuesday, January 13 th
Tuesday 10am & 11.15am Exercise Classes	Tuesday, December 16 th	Tuesday, January 6 th
Dining Room	Wednesday, December 17 th	Monday, January 5 th
Wednesday 10am & 11am Exercise Classes	Wednesday, December 17 th	Wednesday, January 7 th
Lifelong Learning Group	Wednesday, December 10 th	Wednesday, January 7 th
Exercise Physiology	Wednesday, December 17 th	Monday, January 5 th
Social Stitchers and Knitting	Wednesday, December 10 th	Wednesday, February 4 th
Wednesday Movies	Wednesday, December 10 th	Wednesday, January 7 th
Thursday 10am & 11.15am Exercise Classes	Thursday, December 18 th	Thursday, January 8 th
Thursday 10am & 11.15am Exercise Classes (NBSC/Marwal)	Thursday, December 18 th	Thursday, January 8 th
Seniors Yoga	Thursday, December 18 th	Thursday, January 8 th
Hairdressing	Thursday, December 18 th	Thursday, January 8 th
Music Memories	Thursday, December 18 th	Thursday, January 15 th
Podiatry	Friday, December 19 th	Friday, January 9 th
Chatty Cafe	Friday, December 12 th	Friday, January 16 th
Ashburton Seniors Centre		
Chatty Cafe	Monday, December 15 th	Monday, January 12 th
Zumba	Monday, December 15 th	Monday, January 5 th
Line Dancing	Monday, December 15 th	Monday, January 5 th
Table Tennis Group	Monday, December 15 th	Monday, January 5 th
Cantonese Opera Group	Monday, December 15 th	Monday, January 12 th
Vietnamese Seniors Cultural Association	Tuesday, December 16 th	Tuesday, January 6 th
Knitting Group	Tuesday, December 16 th	Tuesday, January 6 th
Steady on Your Feet	Wednesday, December 17 th	Wednesday, January 7 th
Bingo	Wednesday, December 17 th	Wednesday, January 7 th
Meals at Ashburton Seniors Centre	Wednesday, December 17 th	Wednesday, January 7 th
Ashburton Chinese Seniors Friendship Association	Thursday, December 18 th	Thursday, January 8 th
Games Group	Thursday, December 18 th	Thursday, January 8 th
Sewing Group	Thursday, December 18 th	Thursday, January 8 th
Man Friday	Friday, December 19 th	Friday, January 9 th
Art Group	Friday, December 19 th	Friday, January 9 th
Qi Gong	Friday, December 12 th	Friday, February 6 th
Chinese Seniors Cultural Association	Saturday, December 13 th	Saturday, January 10 th

ASHBURTON SENIORS CENTRE Outings

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

For bookings call 9058 6060

NOVEMBER Outings

THURSDAY 6 th	Reservoir RSL Nestled in the heart of Reservoir, the RSL is a hidden gem offering not just incredible food, but exceptional service to match. Treat yourself to great value with the Seniors menu: two courses for just \$18, or three courses for only \$21. Don't miss out on this delicious deal!	\$15* (plus lunch)
THURSDAY 13 th	Ferntree Gully Bowling Club Escape to the foothills of the stunning Dandenong Ranges and discover the charm of the Ferntree Gully Bowling Club. It's the perfect spot to unwind and enjoy a relaxed outing with friends.	\$15* (plus lunch)
THURSDAY 20 th	Upper Yarra RSL, Yarra Junction – Gold Coin donation for music Step into the picturesque Yarra Ranges and experience the serene beauty of Yarra Junction. Get ready for a delightful Morning Music performance by the talented Leanne Patrick, followed by a mouthwatering lunch. We will be departing the Centre at 10.00am sharp!	\$15* (plus lunch)
THURSDAY 27 th	Bridges Nursery & Restaurant, Hurstbridge Stroll through the charming nursery and gift shop, then indulge in a delicious lunch at the restaurant. With all Seniors meals priced at just \$16, it's an outing that's as affordable as it is enjoyable. We will be departing the Centre at 10.00am sharp!	\$15* (plus lunch)

DECEMBER Outings

THURSDAY 4 th	Tooradin Sports Club Breathe in the fresh coastal air as we visit the picturesque town of Tooradin, renowned for its quaint fishing community. No need to catch your lunch today—just sit back and enjoy a fantastic meal from the Tooradin Sports Club's tasty Seniors' Menu. We'll be departing the Centre at 10.00am sharp!	\$15* (plus lunch)
THURSDAY 11 th	Longbeach Hotel, Chelsea Just a stone's throw from the sparkling waters of Chelsea Beach, the Longbeach Hotel offers a scenic drive followed by a flavoursome lunch with fantastic company. It's the perfect way to wrap up the year!	\$15* (plus lunch)

Ashburton Seniors Centre 2025 Bus Outings finish on Thursday 11th December.
We look forward to providing exciting new outings in 2026.

CANTERBURY CENTRE Outings

Outing prices are \$15* and exclude meal and activity costs. Some outings require pre-purchasing of meals or tickets. For these outings, we require a separate payment at the time of booking. To receive the subsidised price, you will need a My Aged Care number and referral.

NOVEMBER Outings

TUESDAY 4th	No Outing	
FRIDAY 7th	Red Hill Bakery, Balnarring Proudly family owned and run, Red Hill Bakery delights locals and visitors alike. If you enjoy a friendly smile, quality products and a good dose of charm, this outing is for you.	\$15* (plus lunch)
TUESDAY 11th	Moorabbin DFO Get your Christmas shopping sorted at DFO Moorabbin. From big brands to perfect gifts, tick off your list in one trip. Then relax with a bite to eat and a coffee.	\$15* (plus lunch)
FRIDAY 14th	Lilydale International Enjoy a hearty seniors' meal at Lilydale International, perfectly paired with a Yarra Valley wine. Catch up with friends before the festive season rush begins.	\$15* (plus lunch)
TUESDAY 18th	Sorrento Continental Hotel Ticket fee: \$10 (required at time of booking) Step into Sorrento's iconic Conti, where historic charm meets seaside style. Enjoy lunch surrounded by limestone walls and nautical touches, then stroll to the local ice cream shop for a treat.	\$15* (plus lunch)
FRIDAY 21st	Bundoora Homestead Art Centre Set in a stunning 1900 Queen Anne-style mansion, Bundoora Homestead offers exhibitions, history and culture. Enjoy light refreshments at the café with indoor and outdoor seating.	\$15* (plus lunch)
TUESDAY 25th	St Andrews Hotel Enjoy warm hospitality, classic pub meals and a cozy atmosphere in this charming, community focused venue full of history and character.	\$15* (plus lunch)
FRIDAY 28th	Iconic MCG Tour Ticket fee: \$25 (required at time of booking) Immerse yourself in the tradition and heritage of the Melbourne Cricket Ground. Go behind the scenes on a 75-minute guided tour and experience where legends play.	\$15* (excl. ticket, plus lunch)

BOROONDARA BLOKES

MONDAY 10th	Rye RSL Round up the boys and head to Victoria's most exciting RSL club. Cold beer, hearty food and plenty of laughs, a proper day out with mates.	\$15* (plus lunch)
MONDAY 24th	Miss Mavis Cafe, Heatherton Miss Mavis café for top coffee, tasty food, with the blokes over lunch. Then a short trip down the road to one of Melbourne's biggest nurseries, with Wally's passion for plants and handy garden tips for inspiration.	\$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!

DECEMBER Outings

TUESDAY
2nd

Evening Outing: Dinner and Lights – Active Outing

Step into the magic of Melbourne this festive season! Start with dinner at Young & Jacksons, then explore the city's Christmas sparkle on foot—from the whimsical Myer windows to the twinkling lights of Federation Square. This gently active outing is designed to delight your senses and lift your festive spirit.

\$15*
(plus dinner)

FRIDAY
5th

Poynton Boulevard Nursery & Café

Poynton's Nursery in Essendon offers rare plants, expert advice, stylish homewares and riverside dining at the Boulevard Café. A must visit for garden lovers.

\$15*
(plus lunch)

TUESDAY
9th

Movie & Pancake Parlour at Eastland

Movie Ticket: \$13 (required at time of booking)

Enjoy a movie and a delicious lunch at The Pancake Parlour. Great company, great food and a relaxing outing.

\$15*
(excl. ticket,
plus lunch)

FRIDAY
12th

Dudley's, Olinda

Take a scenic trip into the hills for a Mediterranean style lunch at Dudley's, followed by a relaxing walk through the charming town of Olinda.

\$15*
(plus lunch)

TUESDAY
16th

Geelong Yacht Club

Spend a relaxing day in Geelong. Stroll along the waterfront, soak in marina views and enjoy a fresh, locally sourced lunch at The Yot Café.

\$15*
(plus lunch)

FRIDAY
19th

Christmas BBQ Lunch at Hays Paddock

BBQ Fee: \$25 (required at time of booking) Join us for our final outing of 2025 as we host a special sizzling BBQ lunch with holiday vibes, laughter and great company! Reflect on the year and get excited for the adventures ahead in 2026.

\$15*
(plus lunch)

BOROONDARA BLOKES

MONDAY
8th

Red Hill Bakery, Balnarring

Wrap up 2025 with a laid-back day out. Grab a tasty pie, a fresh cake and catch up with your mates. Share a laugh, swap stories and enjoy a classic bakery experience.

\$15*
(plus lunch)

Canterbury Centre 2025 Bus Outings finish on Friday 19th December.

We look forward to providing exciting new outings in 2026.

GROUP ACTIVITIES & EXERCISE

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

Ashburton Seniors Centre



\$10*

Sewing Group

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

Thursdays 1.30pm

Ashburton Seniors Centre
Transport available



\$5*

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



\$5*

Chatty Cafe:

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

Fridays 10.00am

Canterbury Centre

Mondays 10.00am

Ashburton Seniors Centre



Spreading
HAPPINESS
with Chatty Cafe

Free

Social Stitches & Premmie Knitting:

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

Wednesdays 1.30pm

Canterbury Centre
Transport available



\$5*

Brain Games

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

Mondays 1.30pm

Canterbury Centre
Transport available



\$5*

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



\$13*

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

FRIDAY flicks

at Ashburton Seniors Centre

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



\$5*

Price includes

THE
MOVIE



TEA/COFFEE
and
ICE-CREAM

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

November 28th

THE THURSDAY MURDER CLUB (2025)

Four irrepressible retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands. The film is based on Richard Osman's bestselling novel and stars Dame Helen Mirren, Celia Imrie, Sir Ben Kingsley and Pierce Brosnan.



Ashburton Seniors 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)

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

Wednesdays ^{from} 10.30am

2 Rochester Road, Canterbury

\$10*

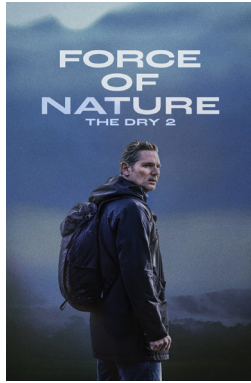
come along and try

FIRST SESSION FREE

WEDNESDAY 5th NOVEMBER	Guy Fawkes Day Guy Fawkes Day, celebrated on November 5th in the UK, commemorates the failed Gunpowder Plot of 1605. Traditionally marked with bonfires and fireworks, it honours the foiling of a plan to blow up Parliament. Let's discuss the festivities: what are your childhood stories?
WEDNESDAY 12th NOVEMBER	Flora & Fungi Ian Moodie returns to talk about a wonderful variety of wildflowers. Spring is the best time of the year to admire flora & fungi in eastern Melbourne and at the other end of the calendar, Autumn is the best time to spot some of our strange and colourful fungi. This presentation will highlight some favourites.
WEDNESDAY 19th NOVEMBER	CWA Scones Come along to make scones using the beloved CWA recipe, known for their light, fluffy texture and simple, wholesome ingredients. Perfect with jam and cream! The Country Women's Association has a legacy of community, hospitality and home-style cooking. These iconic treats bring people together over a cuppa and a warm country welcome.
WEDNESDAY 26th NOVEMBER	Everything Scottish Celebrate everything Scottish — from kilts and bagpipes to haggis and Highland Games. Discover rich traditions, stunning landscapes and a proud cultural heritage shaped by clans, castles and poetry. Whether it's whisky tasting or ceilidh dancing, Scotland offers a spirited blend of history, charm and unforgettable experiences for all ages.
WEDNESDAY 3rd DECEMBER	Astronomy and the Melbourne Observatory at the Royal Botanical Gardens John Cavedon, a 25-year ASV member, has supported public astronomy, managed the Southern Hemisphere's astronomy library and helped restore the Great Melbourne Telescope. He will talk about the Melbourne Observatory which opened in 1863, serving vital roles in timekeeping, weather and astronomy. It placed Melbourne at the forefront of global science before closing in 1944.
WEDNESDAY 10th DECEMBER	Christmas Carol Singing Tune up your voices for a fun morning of Christmas Carols, jokes and reflection on another great year of Lifelong Learning Group. There will be a special Morning Tea to enjoy together.

WEDNESDAY AFTERNOON MOVIES – CANTERBURY CENTRE

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



NOVEMBER 5 th	Uproar (2023) Struggling to fit in, a teenager finds his voice as the 1981 rugby tour and anti-racism protests in New Zealand push him to explore his Māori heritage.
NOVEMBER 12 th	Bank of Dave 2: The Loan Ranger (2025) Two years after founding his own bank, local hero Dave Fishwick takes on the predatory payday lenders bringing misery to his small English town.
NOVEMBER 19 th	Force of Nature: The Dry 2 (2024) When his informant goes missing on a corporate retreat, Agent Aaron Falk must untangle her colleagues' stories to trace her path through the wilderness.
NOVEMBER 26 th	Outlaw King (2018) In 14th-century Scotland, Robert the Bruce claims the crown and leads a fierce uprising to win back the country's independence from English rule.
DECEMBER 3 rd	My Oxford Year (2025) An ambitious American fulfilling her dream of studying at Oxford falls for a charming Brit hiding a secret that may upend her perfectly planned life.
DECEMBER 10 th	Wallace and Gromit: Vengeance Most Fowl (2024) Top dog Gromit springs into action to save his master when Wallace's high-tech invention goes rogue and he's framed for a series of suspicious crimes. Critics and audiences adored this feel-good adventure!
DECEMBER 17 th	No Film (Christmas Lunch)



*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

Working Bee Afternoon Tea

Help with the January/February Staying Connected mail-out at
1.30pm on Thursday December 18th, at Canterbury Centre.

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

Transport

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

Ashburton 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.