

Staying Connected

Special Events

Bus Outings

Activities & Exercise Programs

Arabian Nights Belly Dancing

Be transported to a world of shimmering silks, glowing lantern light and captivating rhythms. This special afternoon invites you to discover the beauty and expression of traditional Middle Eastern dance, set to lively and exotic music. Enjoy the magic of movement, culture and connection in a relaxed and welcoming setting.

DATE: Thursday 23rd April

COST: \$25
Afternoon tea, drinks and entertainment all included.

TIME: 2.00pm till 3.30pm

LOCATION: North Balwyn Seniors Centre

BOOKINGS: 9058 6060 or 9880 4709
or SocialSupport@BASSCARE.org.au

Please book and pay by Friday 17th April.

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

WEBSITE:



BASSCARE.ORG.AU

@BASSCAREAGEDCARE



Around the Centres with Cherie Mason

Program Leader

Community Centres

In preparation for the exciting redevelopment of the Rochester Road site, Canterbury Centre programs will be temporarily relocated, predominantly to Chambly Hall in Camberwell and the North Balwyn Seniors Centre. Clients should have received a separate, detailed communication

outlining how their individual programs will operate during this time; however, we encourage you to carefully review the updated locations included in this edition.

You will notice that this is the first Staying Connected with the new BASSCARE branding. Our refreshed look reflects a focus on possibility and meaningful moments. You will begin to see this across our website, signage and marketing material, supported by our new tagline:

Where Every Day Holds a Little Magic.

#RIDDLE

You can break it, without even touching it.
What is it?

LAST RIDDLE ANSWER

"It's always in front of you but cannot be seen." | **The Future**

Contents:

Exercise Classes	03
Special Events	04
Ashburton Seniors Centre Outings	05
Chambly Hall March Outings	06
Chambly Hall April Outings	07
Group Activities	08
Captured Connections	09
Lifelong Learning Group	10
Tuesday Afternoon Movies	11
Fee Information & Terms and Conditions	12

To enquire about any activities or services please contact:

CHAMBLY HALL

405 Camberwell Rd, Camberwell

PHONE:

9880 4709

EMAIL:

SocialSupport@BASSCARE.org.au

NORTH BALWYN SENIORS CENTRE

9 Marwal Ave, Balwyn North

PHONE:

9880 4709

EMAIL:

SocialSupport@BASSCARE.org.au

ASHBURTON SENIORS CENTRE

296 High Street, Ashburton

PHONE:

9058 6060

EMAIL:

Social@BASSCARE.org.au

Exercise Classes

Did you know we have expanded our exercise program to include more days and more options? With the introduction of Monday classes, you can now choose to attend sessions on Monday, Wednesday or Friday at the Ashburton Seniors Centre. The Canterbury Centre classes will now operate at Chambly Hall and Thursday classes continue at North Balwyn Seniors Centre.

Our thoughtfully designed exercise classes support different abilities and confidence levels, helping participants move safely while building strength, balance and flexibility, with groups structured to ensure everyone feels comfortable and supported.

AS A GENERAL GUIDE:

Novice classes: Focus mainly on seated exercises, with gentle standing and balance work.

Intermediate classes: Include a combination of seated and standing exercises.

Advanced classes: (coming soon) focus on mostly standing, more challenging exercises for confident participants.

**Participation requires prior approval, with new or returning clients asked to meet with our Exercise Physiologist to confirm the right class level and maintain safe, manageable class sizes.

Improve your strength & balance with a qualified instructor.

SUBSIDISED:
\$10* PER CLASS

STANDARD:
\$20 PER CLASS

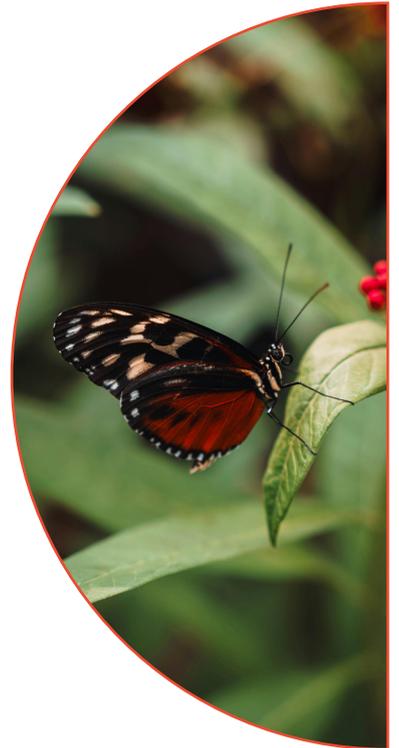
CONTACT US TODAY TO REGISTER YOUR INTEREST:
BOOKINGS: **03 9880 4709**



NOVICE:	MON	TUES	WED	THURS	FRI
Ashburton Seniors Centre			11.00AM		11.00AM
Chambly Hall		11.15AM		11.15AM	
INTERMEDIATE:					
Ashburton Seniors Centre	10.00AM		10.00AM		10.00AM
Chambly Hall		10.00AM	10.00AM	10.00AM	
North Balwyn Seniors Centre				10.00AM 11.00AM	
ADVANCED:					
Chambly Hall			11.00AM		

The World of Butterflies

Butterflies have long fascinated people with their beauty and transformation. In this Lifelong Learning session, we'll explore their life cycle, origins and the diverse species found in Australia and around the world. The session encourages curiosity and shared discussion in a relaxed group setting, and concludes with a special butterfly release—an uplifting moment celebrating nature and renewal.



LIFELONG LEARNING GROUP:

Tuesday 24th March | 10.30am | \$10*

LUNCH:

12.30pm - \$13*

BOOKINGS:

Call: 03 9880 4709

LOCATION:

North Balwyn Seniors Centre 9 Marwal Ave, Balwyn North



Royal Wedding Anniversary

Join us as we revisit the wedding of Prince William and Catherine, celebrating their 15-year anniversary with British-themed activities, conversation and reflections on a day of tradition, pageantry and modern romance.

LIFELONG LEARNING GROUP:

Tuesday 28th April | 10.30am | \$10*

LUNCH:

12.30pm - \$13*

BOOKINGS:

Call: 03 9880 4709

LOCATION:

North Balwyn Seniors Centre 9 Marwal Ave, Balwyn North

North Balwyn Seniors Centre

Hairdresser Jenny will now be located at North Balwyn Seniors Centre every Thursday.



OFFICE HOURS:

Mon-Fri | 9.00am-3.30pm (closed Public Holidays)

LOCATION:

9 Marwal Avenue, Balwyn North

BOOKING:

9880 4709

Ashburton Seniors 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. **FOR BOOKINGS, PLEASE CALL 9058 6060**

March Outings

THURSDAY 5 th	ROYAL HOTEL FERNTREE GULLY Originally built in 1889 and undergoing an Art Deco facelift in the 1930's this is a hidden gem offering a great Seniors menu. After lunch we will take a short stroll to treasure hunt at a local op shop.	\$15* (plus lunch)
THURSDAY 12 th	ELSTERNWICK HOTEL, ELWOOD Relax, connect and soak up the friendly pub atmosphere at this classic hotel—great food, great drinks and even better company.	\$15* (plus lunch)
THURSDAY 19 th	YARRA VALLEY CHOCOLATERIE Indulge your senses with a delightful trip to the Yarra Valley Chocolaterie, where handcrafted chocolates, beautiful views and a relaxed atmosphere await.	\$15* (plus lunch)
THURSDAY 26 th	DOWNTOWNER WARRAGUL Join us for a relaxed outing to the Downtowner Warragul, enjoying classic comfort food and warm hospitality. Great value lunch with the Seniors menu 2 course only \$25.	\$15* (plus lunch)

April Outings

THURSDAY 2 nd	MT DANDENONG HOTEL, OLINDA Come along for a peaceful visit to the Mt Dandenong Hotel, nestled in the hills. Great food, welcoming vibes and breathtaking views make this a relaxing day out.	\$15* (plus lunch)
THURSDAY 9 th	NAKED RACER, CHELTENHAM Rev up for a unique outing to the Naked Racer Motorcycle Museum, featuring iconic 'bikes' then refuel with lunch at the Cheltenham RSL.	\$15* (plus lunch)
THURSDAY 16 th	YUM CHA, CHINATOWN MELBOURNE Experience the buzz of Chinatown with a Yum Cha outing—steaming baskets, shared plates and a vibrant dining atmosphere.	\$15* (plus lunch)
THURSDAY 23 rd	HEALESVILLE RSL A warm, welcoming local club in the heart of Healesville that's perfect for dining, drinks and good times in the Yarra Valley.	\$15* (plus lunch)
THURSDAY 30 th	MYSTERY OUTING Pack your sense of adventure and expect the unexpected. This mystery outing promises surprises, laughter and a destination revealed only when the journey begins.	\$15* (plus lunch)

Chambly Hall 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.

March Outings

TUESDAY 3 rd	MOVIES AND LUNCH (MOVIE TBC) \$13 TO PAY AT TIME OF BOOKING Enjoy a scrumptious lunch at the Pancake Parlour followed by the latest Movie in the comfort of Eastland Cinema.	\$15* (plus lunch & ticket)
FRIDAY 6 th	STELLA'S KITCHEN, LYSTERFIELD Inspired from a shared love of food, Stella's Kitchen is a destination set among Montague Apple Orchards, where seasonal flavours, warm hospitality and nature combine for an unforgettable dining experience.	\$15* (plus lunch)
TUESDAY 10 th	JUNCTION HOTEL, NEWPORT Step into our Victorian-era hotel, where the charm of the classic corner pub is reimagined with seasonal dining, fresh classics, craft beers, elegant wines and lively indoor and outdoor spaces loved by locals.	\$15* (plus lunch)
FRIDAY 13 th	FRANKSTON ART CENTRE \$62 TO PAY AT TIME OF BOOKING Enjoy a delicious, chef prepared two course lunch before the show, then be captivated by 'Oh What a Beautiful Morning' featuring beloved classics by Rodgers, Hammerstein and Hart. Relive the golden age of musical theatre.	\$15* (Plus ticket incl. lunch)
TUESDAY 17 th	ORIENTAL PARADISE CHINESE RESTAURANT, LILYDALE Lovingly owned and locally operated for over 20 years, Oriental Paradise serves delicious traditional Chinese cuisine. Join us to celebrate the Year of the Horse with tasty dishes, welcoming atmosphere and great company.	\$15* (plus lunch)
FRIDAY 20 th	BBQ HAYS PADDOCK, KEW ACTIVE OUTING \$12 TO PAY AT TIME OF BOOKING Join us for a relaxed BBQ at Hays Paddock in Kew, with sizzling sausages, juicy burgers, great company and a perfect chance to enjoy the outdoors together.	\$15* (plus lunch)
TUESDAY 24 th	GUIDE DOGS VICTORIA Enjoy lunch at a local café, then visit Guide Dogs Victoria. Where we will walk around the centre and we may have a chance to meet the dogs of this amazing organisation.	\$15* (plus lunch)
FRIDAY 27 th	KURANGA NURSERY, PAPERBARK CAFÉ, MOUNT EVELYN Revisit Kuranga Native Nursery and Paperbark Café! Enjoy browsing the nursery, savouring Australian flavours and celebrating native plants for a relaxing day out together.	\$15* (plus lunch)
TUESDAY 31 st	GROWLING FROG GOLF COURSE YAN YEAN, WOODSTOCK Serene, stunning, tranquil!!! the Growling Frog offers a perfect escape. Take a scenic drive, soak in breathtaking Yan Yeay views and relax in the restaurant while enjoying a memorable dining delight.	\$15* (plus lunch)

Boroondara Blokes

MONDAY 23 rd	BBQ LUNCH RUFFEY LAKE PARK \$15 PAY AT TIME OF BOOKING Kick back with the Boroondara Blokes for a relaxed beer, smoky flavours, laughs and a casual outdoor gathering.	\$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!

April Outings

FRIDAY 3 rd	GOOD FRIDAY NO OUTING	
TUESDAY 7 th	PINE GROVE HOTEL, UPPER BEACONSFIELD Nestled in Beacon Hills, The Pine Grove Hotel blends rich 1880s history with warm country hospitality. A welcoming pub where you can relax, reminisce and create new memories to share with your family and friends.	\$15* (plus lunch)
FRIDAY 10 th	MISS MAVIS CAFE HEATHERTON Be among the first to visit Miss Mavis, the new café on the block. This modern favourite serves great food and comes highly recommended by our Boroondara blokes. Join the group, enjoy the buzz and discover a must visit café together.	\$15* (plus lunch)
TUESDAY 14 th	MELBOURNE VICTORIA MARKET ACTIVE OUTING Enjoy a fun, active day at the Queen Victoria Market—browse colourful stalls, discover unique finds, sample food vans and soak up the lively atmosphere.	\$15* (Plus lunch)
FRIDAY 17 th	PICNIC AT RUFFEY LAKE, DONCASTER \$15 PAY AT THE TIME OF BOOKING ACTIVE OUTING Join us for a relaxing picnic at beautiful Ruffey Lake Park. Enjoy fresh sandwiches and cakes, gentle walks by the lake and great company in a peaceful outdoor setting.	\$15* (plus lunch)
TUESDAY 21 st	HEIDE MUSEUM OF MODERN ART, BULLEEN ACTIVE OUTING \$22 TOUR TICKET ONLY TO PAY AT TIME OF BOOKING Discover Modern Art, explore inspiring galleries and sculpture gardens, then enjoy a modern Australian lunch showcasing fresh garden produce, vibrant flavours and locally sourced beverages.	\$15* (plus lunch & tour)
FRIDAY 24 th	SOLANA RESTAURANT, LOWER PLENTY Solana is a modern Italian restaurant set on lush green acreage, blending contemporary style with rustic tradition and offering exceptional food, warm hospitality and a memorable dining experience.	\$15* (plus lunch)
TUESDAY 28 th	WERRIBEE ZOO EXTREMELY ACTIVE OUTING EARLY START \$49 TICKET PAYMENT TO BE MADE AT TIME OF BOOKING Experience Werribee Zoo's popular Safari Bus Tour, travelling through open savannahs with live commentary to spot giraffe, rhino and zebras. Enjoy lunch your way and expect an early start, some walking and unforgettable wildlife encounters.	\$15* (plus lunch & ticket)

Boroondara Blokes

MONDAY 27 th	LILYDALE SNOOKER HALL \$10 TICKET ENTRY ON THE DAY Join the blokes for a fun snooker club outing—sharpen your pool skills, enjoy hot food and a drink, and relax in a social atmosphere.	\$15* (plus lunch)
-----------------------------------	--	------------------------------

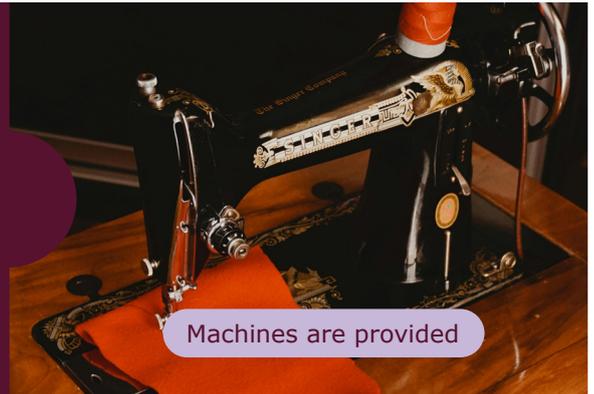
GROUP ACTIVITIES

Sewing Class

A creative space to share skills, learn from one another and work on personal projects together.

WHEN: Thursdays 1.30pm | **COST:** \$5* | **INCLUDED:** Afternoon Tea

Ashburton Seniors Centre | Transport available



Chatty Cafe

Free

A friendly and inclusive space to connect, chat and build social connection within the local community.

LOCATION:
Ashburton Seniors Centre | Mondays 10.30am

LOCATION:
Maranoa Club 6 Faversham Rd, Canterbury | Fridays 10.00am

Spreading
HAPPINESS
with Chatty Cafe

Join Us For Lunch!

Come along to the Community Centres for a delicious meal, friendly faces and great conversation. (Book minimum 2 days in advance - cancellation charges apply)

ASHBURTON SENIORS CENTRE: 03 9058 6060
Wednesday & Friday | 12.00pm

NORTH BALWYN SENIORS CENTRE: 03 9880 4709
Tuesday & Thursday | 12.30pm



Volunteering at BASSCARE Community Centres

Turn your time into something that matters. Volunteering with BASSCARE is about creating moments that change a day, including your own. If you're ready to connect, contribute and be part of something meaningful, we'd love to have you.

CURRENT OPPORTUNITIES:

Bus Outing Driver: Thursdays, 10.00am-3.30pm

Exercise Class Volunteer: Fridays, 10.45am-12.00pm

To learn more or express interest, contact **Bernadette Scicluna**, Volunteer Engagement Coordinator, on **9880 4709** or email **Volunteers@BASSCARE.org.au**

Brain Games

The group recently learned about interactive AI. They uploaded photos and gave ChatGPT a brief for different art styles. Alison went for comic character style; Lyndy chose Picasso and Eleanor had impressionist theme.



Alison



Lyndy



Eleanor

BBQ Time

Canterbury Centre clients enjoyed a BBQ at Maranoa Club which is a day centre owned by BASSCARE. This beautiful home has lots of shade for those hot days.



Ashburton (CSCA)

Chinese Seniors Cultural Association went on a day trip to Rippon Lea Estate. The building and grounds were breathtaking and everyone enjoyed each other's company.



Lifelong Learning

Lifelong learning invites curiosity, keeps minds active and opens the door to new ideas and perspectives. Our weekly sessions bring people together through themed topics and guest speakers, creating space to discover, reflect and connect.

WHEN:

Sessions run on Tuesday's at 10.30am

COST (FIRST SESSION FREE):

\$10*

STAY ON FOR LUNCH

\$13*

TRANSPORT:

Transport is available and bookings are essential.

MARCH 3 rd	INTERNATIONAL WOMEN'S DAY To mark International Women's Day on 8th March, our Program Leader, Cherie will share her personal journey which began in England and continues in Melbourne and all that happened in between.
MARCH 10 th	GERMANY Pack your bags and join Isabelle, our amazing international volunteer, as she takes us on a vibrant journey through her homeland—Germany!
MARCH 17 th	SAINT PATRICK'S DAY Come dressed in your best green outfit! We have special guest Irish born Jane who will discuss Saint Patrick's Day traditions as we celebrate all things Irish. Then stay for a delicious lunch of baked potatoes with all the trimmings.
MARCH 24 th	BUTTERFLIES This session explores where butterflies come from, how they grow and change, how long they live and the many different types found around the world and in Australia. The program encourages curiosity, discussion and shared learning. We will also release some butterflies into the sky.
MARCH 31 st	EASTER TREAT Today's cooking session we will be making a delicious rocky road. Gift wrap to give to family and friends for Easter or keep and enjoy for yourself.
APRIL 7 th	ORIGAMI Today we will be learning the Japanese art of folding paper, using techniques to transform a flat sheet into three-dimensional figures like animals, flowers, or geometric shapes, traditionally without cutting or gluing.
APRIL 14 th	WORLD ART DAY Today we celebrate World Art Day by bringing out your inner artist and creating a unique piece of artwork. All supplies will be provided.
APRIL 21 st	THE SOUND OF MUSIC Join Julie, a local theatre actress, who has recently played Sister Margareta, as we discuss the comparisons of the movie and the stage show. Julie will also delve into the landscape of where the movie was filmed from her travels to Austria.
APRIL 28 th	ROYAL WEDDING 15 YEAR ANNIVERSARY Today, we step back in time to relive the magic of Prince William and Princess Kate's royal wedding, celebrating 15 years since the unforgettable day that captivated the world.

Join us for a film or documentary each Tuesday

TIME: 1.30pm | **COST:** \$5*

INCLUDING: Enjoy a free ice cream.



<p>MARCH 3rd</p>	<p>MADE IN DAGENHAM 2010</p> <p>A dramatization of the 1968 strike at Ford Dagenham car plant, where female workers walked out in protest over sexual discrimination.</p>
<p>MARCH 10th</p>	<p>MUNICH: THE EDGE OF WAR 2021</p> <p>A British diplomat travels to Munich in the run-up to World War II, where a former classmate of his from Oxford is working for the German government. As negotiations begin, the two old friends find themselves at the centre of a web of political subterfuge and very real danger.</p>
<p>MARCH 17th</p>	<p>BROOKLYN 2015</p> <p>An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local but is torn between two countries.</p>
<p>MARCH 24th</p>	<p>GOODBYE JUNE 2025</p> <p>A messy yet affectionate family gathers round their mother to grapple with grief, complicated love and the tenderness of a final goodbye. Stars Helen Mirren, Timothy Spall and Kate Winslet.</p>
<p>MARCH 31st</p>	<p>PETER RABBIT 2018</p> <p>In this mix of live action and CGI, rascally Peter Rabbit faces a tough new foe in his ongoing battle for the veggies in Mr McGregor's garden. (Rose Byrne, James Corden)</p>
<p>APRIL 7th</p>	<p>THE PALE BLUE EYE 2022</p> <p>In this gothic 1830s thriller, a world-weary detective (Christian Bale) investigates a macabre murder at West Point Military Academy. Stymied by the cadets' code of silence, he enlists one of their own to help unravel the case — a young man the world would come to know as Edgar Allan Poe.</p>
<p>APRIL 14th</p>	<p>SIRENS 1994</p> <p>In 1930s Australia, an Anglican clergyman (Hugh Grant) and his prim wife (Tara Fitzgerald), are asked to visit painter Norman Lindsay (Sam Neill), whose planned contribution to an international art exhibit is considered blasphemous.</p>
<p>APRIL 21st</p>	<p>AUGUST RUSH 2007</p> <p>A gifted young boy runs away from his orphanage to search for his parents in New York City, certain that music has the power to bring the family back together.</p>
<p>APRIL 28th</p>	<p>MY BEST FRIEND'S WEDDING 1997</p> <p>Asked to be her childhood friend's "best man", a fashion journalist (Julia Roberts) realises she secretly loves the groom and hatches a plan to win him back.</p>

*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: Chambly Hall **or** Ashburton Seniors Centre

WORKING BEE AFTERNOON TEA | TEA, CAKE & GOOD COMPANY AS A THANK-YOU!

Help with the **May/June** Staying Connected mail-out at **1.30pm** on Thursday **April 16th** at **North Balwyn Seniors Centre**.

TRANSPORT

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

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

Chambly Hall and North Balwyn Seniors Centre Pick-up Areas: Camberwell, Canterbury, Surrey Hills, North Balwyn, Balwyn.

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

Booking Required: At least two days in advance.

GROUP ACTIVITIES AND PROGRAMS | CANCELLATION

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.

BOOKINGS ESSENTIAL: ALL SOCIAL ACTIVITIES & TRANSPORT

CHAMBLY HALL: **9880 4709**

ASHBURTON SENIORS CENTRE: **9058 6060**

FEEDBACK WELCOME!

Share your thoughts on trips, activities, or groups via feedback cards at reception or online: [BASSCARE.org.au/contact-us/](https://www.basscare.org.au/contact-us/)

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.

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

SCAN TO
EXPLORE
BASSCARE
SERVICES



📍 **Chambly Hall:** 2-4 hour parking available in nearby streets. Accessible via 612-bus or 75 Tram.

📍 **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.