

SPECIAL EDITION 08 - November 2020

# STAYING CONNECTED WITH YOUR COMMUNITY

- HEALTH & WELLBEING
  - PUZZLES & TRIVIA
  - SERVICES
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Dear All,

As you'll see in this month's issue we are slowly moving back to some face-to-face activities and services. We've been planning for smaller exercise classes, allied health services and outdoor activities. And for those who aren't quite ready to return to the Canterbury and Marwal Centres just yet, we are growing our offerings online and over the phone. So if it's music, exercise, movies, trivia, cooking or just having a chat, we've got something for you this month.

Many of you responded about your 'Favourite Place' and we are excited to hear more. This month you will find enclosed a postage paid envelope with postcard to tell us your 'Favourite Recipes'. We'd love you to share your signature dishes or hand-me-down family recipes that have a special place in your hearts and fond memories. For me it's spanakopita - spinach and cheese pie. We'll share some of the recipes in a special BASScare lift-out edition in the New Year. I very much look forward to reading (and trying out) some of your mouth-watering creations!

November means we are getting ever closer to another Christmas and this one will be important for many of us who have been missing loved ones or doing it tough this year. We don't know exactly what Christmas Lunch at BASScare will look like but we'll be offering a meal to look forward to! It may be a smaller

lunch at the Canterbury Centre or a picnic at the park or a special Christmas meal delivered to you at home to be shared while you are on a conference call or Zoom. Look out for an update in the next issue.

In the meantime, enjoy the spring sun, flowers and greenery.

**Vicki Bayly**  
Social Support Manager

## my favourite recipe

delicious  
SPANAKOPITA



# Zoom'in good fun!

For bookings or more information about any of our activities call **9880 4709** or email us at **socialsupport@basscare.org.au** to get involved.

No experience is necessary for our Zoom activities, it's as simple as a click!  
We can help get you connected on your computer, mobile phone or iPad.  
Call to book your spot and we'll send you the Zoom link.

Interested but don't have the internet or a device? We can loan you one of ours.

## NEW! Exercise Classes

for small groups

Hosted by Matt,  
Bob or Sue



These 45 minute sessions in small groups will take you through a range of fun, functional strength and balance exercises to help you get moving.

Our exercise instructors are itching to offer their expertise with some modified exercise programs:

- Online via Zoom
- Outdoors at 8 Rochester Rd, Canterbury

**FREE trial class! Then \$12 per class.**

*Medical Clearance and phone questionnaire required prior. Please phone or email us to inquire.*

## Sing with your heart or singalong with your voice

Hosted by Vicki, Tech by Tom

Have you heard of 'PubChoir', which morphed into 'CouchChoir'? Do you love music and would like to join others singing along to your favourite song? Two of my favourites are *Bridge Over Troubled Water* and *Here Comes the Sun*. Choose a song you'd love to hear again and we'll sing it together accompanied by a YouTube clip of your favourite artist. **Phone in your favourite song and artist by 5th November to have your song included in the playlist.**

**Thursday 12th November 2pm**

(online via Zoom).

**Please phone or email us to book.**



## Markiyan & Oksana Melnychenko

Due to the great success of our last concert via Zoom with the Melbourne Recital Centre, we welcome Ukrainian-Australian mother-son duo Markiyan & Oksana Melnychenko to perform violin and piano masterpieces.

Recitals by the duo present the highest standard of musical artistry, brimming with the artists' passionate joy for sharing great music.

**Wednesday 25th November 11am**

(online via Zoom).



# Staying **Connected & Engaged**

## **FUN** in the **KITCHEN**

with Chefs

Join three of our happy Social Support team in their kitchens where they will demonstrate via Zoom how to prepare quick and easy dishes for you to cook at home.

**Thursday 19th November 2pm**

(online via Zoom).

Contact us to book a spot.



## Personalised Exercise Physiology

**one-on-one sessions**

with Matthew Azzopardi

We're excited to offer BASScare clients individual one-on-one sessions with an Exercise Physiologist (face-to-face or online via Telehealth). Matthew is a qualified allied health professional equipped with the knowledge, skills and competencies to design, deliver and evaluate safe and effective exercise interventions & programs for a range of health conditions and overall wellbeing.

If you've noticed a decrease in your physical capacity or overall health during Melbourne's lockdown a session with Matthew is the best way to get you back on track.



*There are still some government restrictions and limitations to the services Matthew can provide so please phone the office on 9880 4709 to arrange a time to discuss the best option for you. Additional health safety measures have been put in place and eligibility criteria apply.*

**\$20 regular session** (30 mins)

**\$40 initial consultation** (60 mins)

Welcome to

# Spoonville

Some of you might have seen a collection of decorated spoons in a park or front yard in your local area. **'The Spoonville'** craze has become popular during COVID lockdowns and BASScare is getting in on the act to make a town of our own. We're looking for volunteers to decorate, paint or dress up a spoon to join our town. You can use one of your spoons or we can give you one of ours to work your magic on.

If you'd like a spoon or have decorated one for us to pick up, call 9880 4709.



**Prizes for the best spoon and the most original spoon will be awarded!**

# Fun and Trivia

**Melbourne Cup**  
**Tuesday 3rd November**  
**Race 7, 3.00pm**



## Melbourne Cup Sweep

The race that stops a nation will look a little different this year but to help celebrate this iconic Melbourne tradition we will be having a Melbourne Cup sweep!

- One entry and horse per person
  - **FREE** to enter
  - **PRIZES** for the lucky winners
  - **Call 9880 4709 to get your horse number**
- Entries close 12pm Monday 2nd November**

## Horse Themed Trivia Questions

1. What is the name of the horse that won the 2019 Melbourne Cup?
2. In 2015, the Melbourne Cup saw an historic first - what was it?
3. In what country was Phar Lap born?
4. Which well-known US horse race started in 1875?
5. 'Bucephalus' was a famous horse in antiquity- who rode this horse?
6. Immortalised in song by Johnny Horton, what was the name of the famous horse that survived Custer's Last Stand?
7. The first horses originated from which part of the world? Asia, Europe, North America or Africa?
8. What regal sounding name is used for the father of a horse?
9. How long is the average pregnancy time for horses? 2 months, 5 months, 8 months, 11 months?
10. What was the name of singer and actor Roy Rogers's famous horse?

## NOVEMBER FUN & GAMES

Don't forget our other regular activities to take part in this month:

<b>Brain Games Trivia</b> (phone) <b>Mondays weekly</b>	<b>Social Dining/Morning cup of tea</b> (phone) <b>Thursday weekly</b>
<b>Exercise class catch ups</b> (phone) <b>Tuesday, Wednesday &amp; Thursday</b>	<b>Fun in the Kitchen</b> (Zoom) <b>Thursday 19th November 2pm</b> - one-off
<b>Bingo!</b> (phone) <b>Tuesday fortnightly - 10th &amp; 24th</b>	<b>Movie Group</b> (phone) <b>Thursday weekly</b>
<b>Zoom Trivia</b> (online) <b>Wednesday fortnightly - 4th &amp; 18th</b>	<b>BASScare Outings get together</b> (phone) <b>Friday weekly</b>
<b>Learn Laugh and Lunch Sessions</b> (online) <b>Wednesday Weekly</b>	<b>Pottery Catch-Up</b> (phone) <b>Friday fortnightly 6th &amp; 20th</b>

For more information on any of these activities please give Bec or Janet a call.

**PHONE: 9880 4709**

## TARGET WORD PUZZLE ANSWERS Edition 7 – OCTOBER 2020

There was 108 possible 3 or more letter words in last issues word puzzle. Score yourself Fair – 15+, Good - 22+, Great - 30+ or Excellent - 45+

The 9 letter word was WONDERFUL. There was only one 8 letter word which was FLOUNDER. Eight 7 letter words: FLEURON, FLOURED, FOUNDER, FROWNED, REFOUND, REWOUND, ROUNDEL AND WOUNDER.

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

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