

July / August 2024

# STAYING CONNECTED

## JOIN OUR COMMUNITY

- SPECIAL EVENTS
- BUS OUTINGS
- ACTIVITIES & EXERCISE PROGRAMS

# CHRISTMAS IN JULY

Book  
Today

\$35

Join us for a three-course  
lunch full of your traditional  
festive favourites!

There will be music, prizes,  
drinks and all the special  
trimmings.

Wednesday  
**24th July**

12.15pm – 2.30pm

Canterbury Centre, 2 Rochester Road, Canterbury

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

Please book and pay by Friday, 19th July

BOOKINGS **9880 4709** OR [socialsupport@basscare.org.au](mailto:socialsupport@basscare.org.au)

WEBSITE [basscare.org.au](http://basscare.org.au)

SOCIALS   [basscareagedcare](https://www.facebook.com/basscareagedcare)

SCAN TO  
DISCOVER

WHAT'S ON



"The longer I live, the more beautiful life becomes." – Frank Lloyd Wright

## Tom's Take

Wonderful winter is in full swing! For some of us, it's a little harder to get out of bed and head out in the morning. Yet our community is still rich with opportunities for connection, support, and wellness, even amidst the winter chill. Why not get your blood pumping at an exercise class, enjoy a hot meal, or join us on an outing to a warm and cozy location around Melbourne?

I wanted to thank the staff, volunteers and clients that were part of the Biggest Morning Tea event in May. We managed to raise \$1,200, which will be donated to the Australian Cancer Council, a cause that makes an incredible difference to those impacted by cancer.

We'll be getting right behind the Australian Olympic team at the Paris Olympics! The TV will be playing all day in the Canterbury Centre community lounge,

so I encourage you to come in, get a free coffee or tea, and enjoy all the highlights and coverage from France.

In exciting news, BASScare has merged with another local not-for-profit provider, Samarinda. Samarinda is based in Ashburton and has a Residential Aged Care facility and Community Services, as well as being a NDIS provider.

We welcome their members, staff, and volunteers to the BASScare community and look forward to the exciting opportunities ahead.

**Tom Edwards,**  
Centre Manager  
Social Support



Cranbourne Outing

## Staying Connected May/June 2024

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### We also offer:

- Art & Pottery Classes
- Brain Games & Trivia
- Exercise Physiology
- Exercise Classes
- Seniors Tai Chi & Yoga
- Learning Sessions & Guest Speakers
- Lunches & Dining Room
- Scrabble, Mahjong & Cards
- Music & Singalong
- Podiatry
- Hairdressing
- Tech Help

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

**Canterbury Community Centre**  
2 Rochester Road, Canterbury

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

**PHONE 9880 4709**

**EMAIL** [socialsupport@basscare.org.au](mailto:socialsupport@basscare.org.au)

**WEB** [basscare.org.au](http://basscare.org.au)

# Zita Selke

## PIANIST

Zita Selka is a skilled and charismatic pianist. She brings a selection of music to each performance, allowing the audience to choose the songs they would like to hear. With energy and enthusiasm, Zita captivates her audience, engaging all who attend.

Wednesday  
**August 21st**

Bookings essential

10.45am for an  
11.00am start

**\$5\***

Stay for a 3-course  
lunch afterwards.  
**\$12\***, bookings essential.

Canterbury Centre, 2 Rochester Road, Canterbury

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

## NAIDOC WEEK EVENT

# THE LEGEND OF MULGA FRED

To help celebrate NAIDOC week, join us for a special presentation from Richard Broome, President of the Royal Historical Society of Victoria, and author of over 20 books. Richard will discuss Mulga Fred, an Aboriginal rodeo rider and horse tamer who became an icon in Pelaco shirt advertising. His life story provides insights into the experiences of Aboriginal people in early 20th century Victoria.

10.30am  
Wednesday **July 3rd**

Booking  
essential

**\$15\***

Stay for a 3-course  
lunch afterwards.  
**\$12\***, bookings essential.

Canterbury Centre, 2 Rochester Road, Canterbury

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



12-week Exercise Physiologist led  
**FALLS PREVENTION**

Keeping you stronger and independent for longer.  
Approximately 1 in 3 Australians aged 65+ fall each year.  
Drawing from evidenced based principles, this program aims to improve balance and reduce your risk of falls.

**Includes:**

- Pre & Post Assessment 1-2 weeks prior/post
- 12 weekly group exercise classes (60 minutes)
- Educational Presentations

**Sharrott House, 8 Rochester Road, Canterbury**

Weekly classes  
**Tuesday** Starting  
**July 30th**

1.30pm – 2.30pm

**\$200\***  
subsidised

*\$475 standard fee.*

**Bookings/Enquiries – 9880 4709 or [socialsupport@basscare.org.au](mailto:socialsupport@basscare.org.au)**

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



**New!**

# Chatty Cafe

***Keeping your community connected***

Chatty Cafe aims to get people chatting and encourage social connections within the local community. Chatting is such a simple concept but so important for your mental and physical health. Join us for a cuppa and conversation each Friday at the Canterbury Centre.

Friday, weekly  
10.00am – 11.30am

**FREE**

**At The Canterbury Centre,  
2 Rochester Road,  
Canterbury**

# 3-Week Digital Course **Android Phones**

AT THE CANTERBURY CENTRE (Samsung, Nokia and Motorola)

Our mobile phones help us stay connected with others and make life easier by providing access to information, online services, entertainment and loved ones.

Join Rubin for step-by-step classes dedicated to increasing your skills and understanding whilst learning about your android phones functions and features.

Fridays

**5th - 19th July**

10.30am - 12.00pm

**Bookings  
ASAP**

**FREE**

## Save the Date!

### Architectural Walking Tour of Melbourne

Since European settlement 180 years ago the city of Melbourne has benefited from the remarkable skill of many talented architects. Join us on a 2-hour Architecture Tour and discover some amazing architectural styles from the 1850s to the present day.

***Early Start and Active Outing!***

Coming in October! **Thursday Outing**

**Thursday October 17th**  
\$80\* (plus lunch)

RSVP: Book and pay by October 10th  
Call **9880 4709** for bookings

\* Most of BASScare's Social Support clients are eligible for the Commonwealth Home Support Program subsidy. The prices listed in this newsletter are the subsidised price.

<b>TUESDAY</b> 2 <sup>nd</sup>	<b>Bridge Inn Hotel, Mernda</b> This refurbished 1890s hotel offers hearty pub favourites and a seniors' menu.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 5 <sup>th</sup>	<b>Beechworth Bakery and Surrounds, Healesville – Active Trip!</b> Come and explore Healesville with lunch at the popular Beechworth Bakery.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 9 <sup>th</sup>	<b>Scienceworks, Spotswood – Active Trip!</b> Join us for a trip to Victoria Museum's science centre. Enjoy a day of wonder as you explore all manner of science on display. Lunch will be at the onsite cafe.	<b>\$25*</b> (plus lunch)
<b>FRIDAY</b> 12 <sup>th</sup>	<b>Oriental Paradise, Lilydale</b> This family-owned restaurant has been in operation for over 20 years and offers delicious lunch specials at very reasonable prices.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 16 <sup>th</sup>	<b>Garfield Hotel, Garfield</b> Join us for a tasty pub meal in this quaint west Gippsland township.	<b>\$15*</b> (plus lunch)
<b>THURSDAY</b> 18 <sup>th</sup>	<b>Pharoh Exhibition – NGV – Active Trip!</b> Marvel at over 500 items on loan from the British Museum, dating from 3000BC to the Roman conquest in 30BC.	<b>\$50*</b> (plus lunch)
<b>FRIDAY</b> 19 <sup>th</sup>	<b>Phoenix and Co Restaurant, Plenty</b> This light filled restaurant serves hearty Italian and Mediterranean inspired dishes.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 23 <sup>rd</sup>	<b>Geelong Art Gallery Tour, Geelong – Early Start!</b> Geelong Gallery is housed in a historic former wool mill in Newtown. Join us for a private tour of the exhibition <i>Cutting Through Time—Cressida Campbell, Margaret Preston, and the Japanese Print</i> .	<b>\$30*</b> (plus lunch)
<b>FRIDAY</b> 26 <sup>th</sup>	<b>Ikea, Springvale – Active Trip!</b> Enjoy a day out at the HUGE Ikea store in Springvale. Lunch will be onsite at the Ikea cafe and you can also purchase Swedish delicacies to take home at the food-store near the checkout.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 30 <sup>th</sup>	<b>Ripe Cafe, Sassafra</b> Offering an open fire and an all-day breakfast menu this venue is cosy and inviting on a cold winter's day!	<b>\$15*</b> (plus lunch)

## BOROONDARA BLOKES – JULY OUTINGS

<b>MONDAY</b> 1 <sup>st</sup>	<b>Jurassic Jungle, Bayswater</b> This pet shop specialises in snakes, lizards, fish, arachnids, and invertebrates, as well as beautiful examples of taxidermy. It will be a fascinating visit!	<b>\$15*</b> (plus lunch)
<b>MONDAY</b> 15 <sup>th</sup>	<b>Bacchus Marsh Lookout, Bacchus Marsh</b> Enjoy the view across orchards and farmland followed by a hearty pub lunch at The Courthouse Hotel.	<b>\$15*</b> (plus lunch)
<b>MONDAY</b> 29 <sup>th</sup>	<b>Garden World, Braeside</b> There's plenty to inspire and explore at this massive garden emporium including bonsai, cacti, fossils and water plants. We'll enjoy lunch at the onsite licensed cafe.	<b>\$15*</b> (plus lunch)

# AUGUST Outings Home pickup usually 10.00 – 11.30am unless otherwise stated

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

FRIDAY 2 <sup>nd</sup>	<b>Brisbane Hill Road Bridge, Warburton – <i>Active Outing!</i></b> The Brisbane Hill Road Bridge is a landmark within Warburton township and was constructed in 1936 after floods destroyed its predecessor. Its dramatic steel-framed structure offers great photo opportunities of the township and Yarra River. We will enjoy a tasty lunch at Three Sugars Cafe.	<b>\$15*</b> (plus lunch)
TUESDAY 6 <sup>th</sup>	<b>Scenic Drive to Yea – <i>Early Start!</i></b> Join us as we travel to the base of the "High Country". Offering heritage listed buildings plus the resting place of Hume and Hovell, this town has history everywhere! Lunch at The Grand Hotel.	<b>\$15*</b> (plus lunch)
FRIDAY 9 <sup>th</sup>	<b>Some Enchanted Evening, Frankston Arts Centre</b> Celebrating the legendary partnership between musical maestros Rodgers and Hammerstein, this enchanted concert of exquisite songs and beautiful music will take you on a whimsical journey. Includes a two-course lunch before the show.	<b>\$67*</b> (incl. lunch)
TUESDAY 13 <sup>th</sup>	<b>Stamford Hotel, Rowville</b> Enjoy a tasty pub meal and a chat at this friendly establishment.	<b>\$15*</b> (plus lunch)
FRIDAY 16 <sup>th</sup>	<b>Lady Lavender Tea Rooms, Bunyip</b> With all items made fresh on site, including sky high scones (with jam and cream of course), homemade soups and light meals - this outing is sure to tickle your taste buds!	<b>\$15*</b> (plus lunch)
TUESDAY 20 <sup>th</sup>	<b>Pentridge Prison, Coburg – <i>Active Outing!</i></b> Join us for a private tour of the infamous B Divison. We'll enjoy lunch prior at Cobrik Cafe, located within the old prison grounds.	<b>\$43*</b> (plus lunch)
FRIDAY 23 <sup>rd</sup>	<b>Warrandyte Stone House Cafe and Artisan Store, Warrandyte</b> This venue is a Basscare favourite! Enjoy the open fire, pleasant view, delicious menu and gift shop.	<b>\$15*</b> (incl. lunch)
TUESDAY 27 <sup>th</sup>	<b>Costello's Tavern, Croydon</b> Rodney is a huge fan of the massive Seniors' menu at this popular hotel.	<b>\$15*</b> (plus lunch)
FRIDAY 30 <sup>th</sup>	<b>Riddell's Green Restaurant, Healesville RACV Country Club</b> Another Basscare favourite, this venue offers tasty food and idyllic views. (If we have more than 15 guests, we will get the Set Menu)	<b>\$15*</b> (plus lunch)

## BOROONDARA BLOKES – AUGUST OUTINGS

MONDAY 12 <sup>th</sup>	<b>RC Garage Hobby Shop, Boronia</b> Come and explore this hobby superstore, featuring radio-controlled cars, trucks, planes, helicopters and boats. We'll enjoy a pub lunch at the Boronia Hotel prior.	<b>\$15*</b> (plus lunch)
MONDAY 26 <sup>th</sup>	<b>Brighton Beach Hotel, Brighton</b> Join Rodney for hearty pub favourites plus a splendid view.	<b>\$15*</b> (plus lunch)

## SHOPPING TRIPS

### MONDAY SHOPPING TRIPS – MONTHLY OUTING

Home pickup usually 10.00 – 11.30am unless otherwise stated

MONDAY  
5<sup>th</sup>  
AUGUST

#### European Grocery Store, Croydon – *Active Trip*

Inspire your taste buds and discover a new delicacy at this one stop shop for European and International groceries. Lunch will be at Zelena Cafe next door.

**\$15\***  
(plus lunch)

For further information and bookings phone **9880 4709**

Canterbury Centre, 2 Rochester Road, Canterbury

## Brain Games



Keep your mind active with fun filled facts, puzzles and quizzes!

Canterbury Centre, 2 Rochester Road, Canterbury

**Mondays**

1.30pm

**\$5\***

FIRST SESSION FREE

# Activity Committee Meeting Morning Tea and Chat

**FREE**

**Friday**  
**23rd August**  
12.00pm

Your feedback and suggestions are important to us. Join Elizabeth for morning tea and offer input into the programs, events and services we plan for the future.



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

Stay for lunch (\$12\*) afterwards and enjoy the conversation with our friendly group.

Wednesdays <sup>from</sup> 10.30am  
**2 Rochester Road, Canterbury**

**\$15\*** come along and try  
**FIRST SESSION FREE**

<p>WEDNESDAY  <b>3<sup>rd</sup></b>                      JULY</p>	<p><b>NAIDOC Week – Mulga Fred: Buckjump rider and Pelaco Shirt Icon</b>                      Our guest speaker is Richard Broome, an accomplished author and President of the Royal Historical Society of Victoria. Richard will talk about Mulga Fred, an Aboriginal man who was a rodeo rider and horse tamer. (see pg. 3)</p>
<p>WEDNESDAY  <b>10<sup>th</sup></b>                      JULY</p>	<p><b>Food Sensory</b>                      Food Sensory takes us past our first response, examining how the food's properties stimulate each of our senses through appearance, flavour and odour. Join Trish as we learn about our 5 sensory tastes.</p>
<p>WEDNESDAY  <b>17<sup>th</sup></b>                      JULY</p>	<p><b>Philadelphia and Washington DC</b>                      Join us as Eric, Basscare's resident artist, shares experiences of his recent trip. Eric will share his delightful photographic images of famous landmarks and tales of delicious food and interesting places.</p>
<p>WEDNESDAY  <b>24<sup>th</sup></b>                      JULY</p>	<p><b>Jane Austen's First Love (via Zoom)</b>                      Renowned author Syrie James discusses her critically acclaimed novel, <i>Jane Austen's First Love</i> and her research which uncovered a wealth of information about the real-life Edward Taylor, on whom Jane "fondly doted."</p>
<p>WEDNESDAY  <b>31<sup>st</sup></b>                      JULY</p>	<p><b>Gold Diggers – Busby Berkeley</b>                      Barry Gomm returns to talk about American film director and choreographer Busby Berkeley, famous for his elaborate musical production numbers that often involved complex geometric patterns.</p>
<p>WEDNESDAY  <b>7<sup>th</sup></b>                      AUGUST</p>	<p><b>1956 Melbourne Olympic Games</b>                      Let's relive our memories of the 1956 summer Olympics in Melbourne. Trish will access official videos, results, photo galleries and information on the Australian athletes. Please bring along any memorabilia or stories to share with the group.</p>
<p>WEDNESDAY  <b>14<sup>th</sup></b>                      AUGUST</p>	<p><b>Vietnam with Jane</b>                      BASScare's Jane will share her stunning photos and tales of Vietnamese countryside and city life, beautiful people, yummy food and friendly culture.</p>
<p>WEDNESDAY  <b>21<sup>st</sup></b>                      AUGUST</p>	<p><b>Zita Selke Piano player (11am start)</b>                      Zita Selka is a skilled and charismatic pianist. She will take special requests from the audience during her performance.</p>
<p>WEDNESDAY  <b>28<sup>th</sup></b>                      AUGUST</p>	<p><b>SA Silo art including the Eyre and Yorke Peninsulas</b>                      BASSCARE's volunteer Karen, an experienced photographer, will share her images of the South Australian Silo Art Trail.</p>

# ART CLASS

Time: 10.00am, Mondays

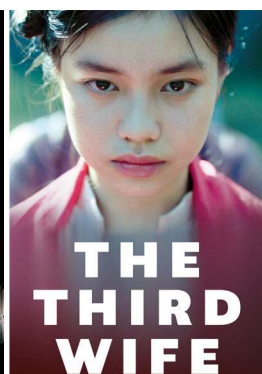
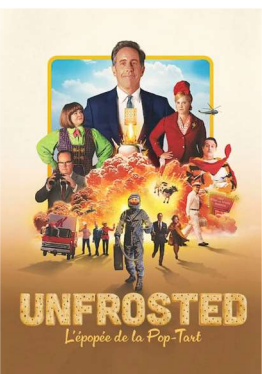
# POTTERY

Time: 2.00pm, Thursdays

\$15

FIRST  
SESSION  
FREE

Canterbury Centre, 2 Rochester Road, Canterbury



## WEDNESDAY AFTERNOON MOVIES – CANTERBURY CENTRE

Join us for a film or documentary each Wednesday afternoon at 1.30pm. **Cost: \$5\***

3rd July	<b>The Furnace (2020)</b> Set in the Western Australian outback during the goldrushes of the 1890s, a young Afghan camel driver partners with a mysterious bushman on the run with stolen gold.
10th July	<b>Unfrosted (2024)</b> American comedy directed by Jerry Seinfeld and loosely based on the true story of the creation of Pop-Tarts toaster pastries.
17th July	<b>Gentleman's Agreement (1947)</b> Gregory Peck plays a reporter who pretends to be Jewish in order to cover a story on anti-Semitism, and personally discovers the true depths of bigotry and hatred.
24th July	<b>NO FILM – CHRISTMAS IN JULY</b>
31st July	<b>Chicago (2002)</b> Oscar winning musical about two death-row murderesses who develop a fierce rivalry while competing for publicity, celebrity, and a sleazy lawyer's attention.
7th Aug	<b>The Black Balloon (2008)</b> A charming Australian comedy-drama about a family coping with an autistic brother.
14th Aug	<b>The Third Wife (2018)</b> In 19th century rural Vietnam, May is ready to become the third wife of a wealthy landowner. Her hidden desires will force her to decide between living in safety and being free.
21st Aug	<b>The Secret Life of Walter Mitty (1947)</b> Danny Kaye comedy about a clumsy daydreamer who gets caught up in a sinister conspiracy.
28th Aug	<b>Playing Beatie Bow (1986)</b> A discontented Sydney teenager travels back in time to 1873, whilst watching an old-fashioned children's game.

# FRIDAY flicks

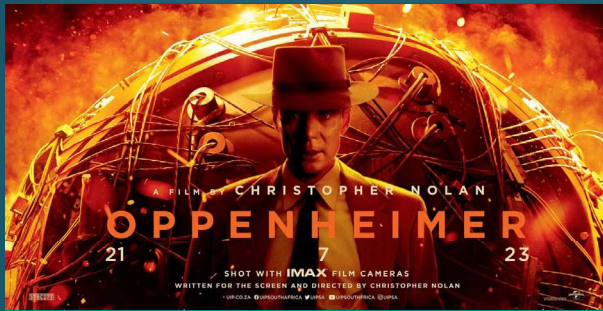


Join us once a month for a Friday morning showing of a popular film you may have missed at the cinema.

Price includes

Ice-cream, light lunch, tea/coffee and good company!

**\$15\***



26<sup>th</sup> July, 10.30am

## OPPENHEIMER (2023)

Epic Oscar winning film follows the life of J. Robert Oppenheimer, the American theoretical physicist who helped develop the first nuclear weapons during World War II.



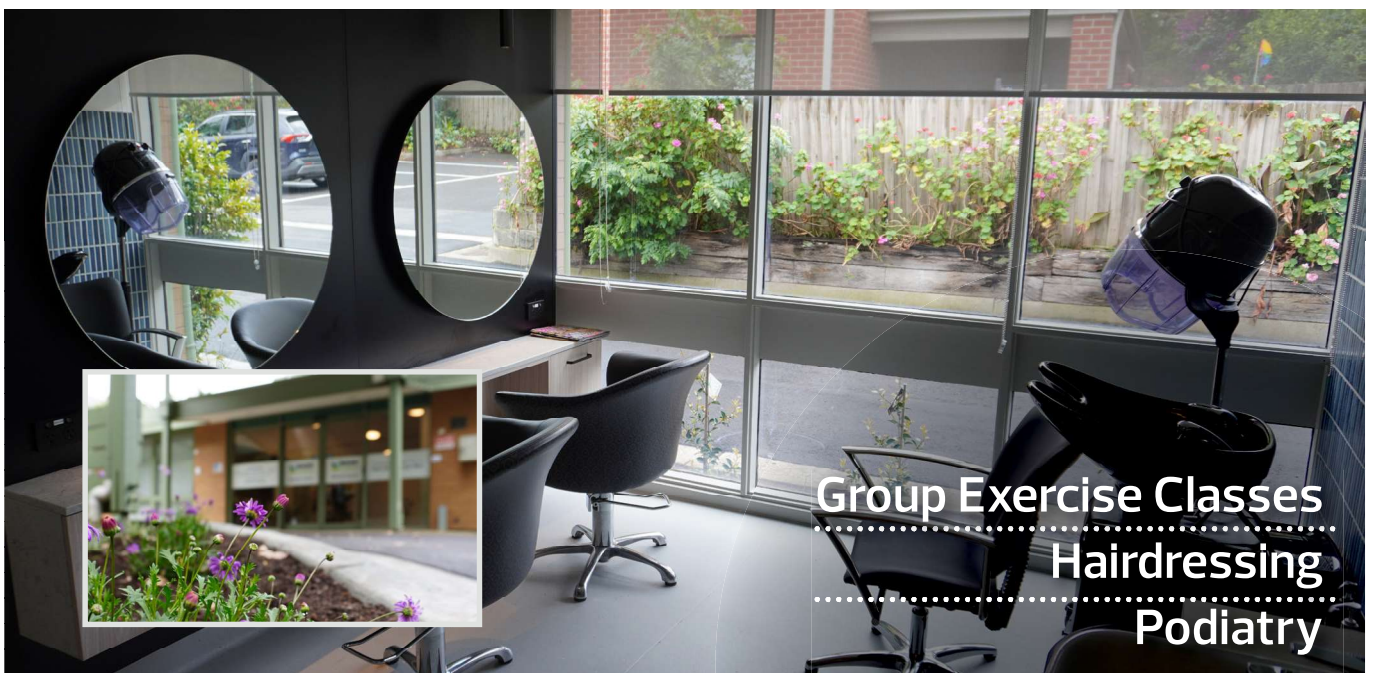
30<sup>th</sup> AUGUST, 10.30am

## OPERATION MINCEMEAT (2022)

Based on an incredible true story, the film follows two British intelligence officers who hatch a plan to deceive Hitler about British plans for the invasion of Sicily in WW2. Stars Colin Firth and Matthew Macfayden.

Canterbury Centre, 2 Rochester Road, Canterbury Transport: \$5\* each way (bookings required)

## NORTH BALWYN SENIORS CENTRE JULY / AUGUST



**Group Exercise Classes**  
**Hairdressing**  
**Podiatry**

9 Marwal Avenue, Balwyn North Phone 9880 4752

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



## **\*Social Activity Program Fees – Terms & Conditions**

Most of BASScare's Social Support clients are eligible for the Commonwealth Home Support Program subsidy. The prices listed in this newsletter are the subsidised price. To receive this subsidy, you will need a My Aged Care number and referral.

**For more information and to get a copy of our fee schedule, please phone Canterbury Centre reception on 9880 4709 and speak with our Client Liaison Officers.**

## **Working Bee Afternoon Tea**

**Join us for the September/October newsletter mail out at 1.30pm Wednesday August 21st at the Canterbury Centre, 2 Rochester Road, Canterbury.**

**Enjoy good company and a chat about the next newsletter, plus a cuppa and cake as a Thank You!**

## **Transport**

Transport to and from BASScare centre-based activities and lunch (subject to availability) is \$10\* per return trip. Pick up areas include Camberwell, Canterbury, Surrey Hills and Balwyn.

BASScare pick up areas for outings include Kew, North Balwyn, Balwyn, Canterbury, Surrey Hills, Camberwell and Hawthorn.

**BOOKING TWO DAYS PRIOR IS ESSENTIAL.**

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

**BOOKINGS ESSENTIAL FOR ALL SOCIAL ACTIVITIES & TRANSPORT**

**Phone: 9880 4709**

**If you have any feedback or suggestions about the trips, activities or groups, please let us know. Feedback cards are available at reception or online at:**

**[www.basscare.org.au/customer-feedback/](http://www.basscare.org.au/customer-feedback/)**

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

**SCAN TO  
EXPLORE  
the many  
BASScare  
services**



Getting to Canterbury Centre – there is parking out the front of the centre but please take note of the parking restrictions. We are on the 285 bus route or a short walk from Canterbury Station.

There is plenty of parking in the streets near Balwyn North Seniors Centre in Balwyn North. Or it is a short walk from the Balwyn North Village stop on the 48 Tram.