



Our Social Activity and exercise programs are designed to meet the needs of over 55's. Costs are minimal as various activities are supported by financial assistance from the Federal, State and Local governments, NDIS and vary dependent on the chosen activity.

We welcome you to come and give one of our activities a try and have a tour of one our community centres.

PHONE 9880 4709

Call if you'd like to receive our bi-monthly newsletter with our current list of programs or visit our website.

Empowering those over 55 to live well through every stage of ageing

BASScare is a not-for-profit, community based provider offering a broad range of services in Boroondara. These include:

- **Meals on Wheels**
- **Home Care Services** – all levels of care
- **Dementia Day Care Centres**
Maranoa House and Club
- **Affordable Independent Living Units**
across 4 different Boroondara locations
- **Respite & Permanent Residential Aged Care**
Faversham House
- **Retirement Living** – Hester Canterbury
- **Assisted Living** – Morgan Glen Iris
- **Volunteering**



Further details available online or call to speak to our friendly staff

PHONE 9880 4709
POSTAL PO Box 304, Canterbury Vic 3126
ADDRESS 2 Rochester Road, Canterbury Vic 3126
EMAIL socialsupport@basscare.org.au
WEB www.basscare.org.au



Group Social & Activity Programs

Warm and welcoming hubs offering social connections, friendships, activities and services for the over 55's living in Boroondara.



Our aim is to enhance health and wellbeing and develop friendship networks

BASScare's social and activity programs are available from two centres in Canterbury and Balwyn North. Our activities are run 6 days a week by qualified staff and are supported by volunteers.

Canterbury Centre 2 Rochester Road, Canterbury

The Canterbury Centre is the hub of BASScare activities and is appointed with many facilities which allow us to provide a host of services including:

- Community Dining
- Outings
- Hairdressing & Podiatry
- Exercise Physiology
- Group Exercise Classes
- Centre-based Respite
- Arts and Craft Groups
- Learning and Tech Support
- Special Events
- Concerts and Music Groups
- Social and Special Interest Groups



Marwal Centre 9 Marwal Avenue, Balwyn North

The Marwal Centre has everything you need, including:

- Community Dining
- Hairdressing & Podiatry
- Group Exercise Classes
- Exercise Physiology
- Special Events



Recreation and Staying Active

Exercise is a great way to build strength, maintain mobility and decrease the risk of falls, along with promoting a healthier state of mind. Our classes and individual consultations are led by an Allied Health Exercise Physiologist, whose expertise and passion make our program incredibly popular and lots of fun. We offer a range of exercise programs to suit all ability and mobility levels:

- **Exercise Physiology**
(individualised one-on-one sessions)
- **Falls Prevention** – includes health assessment, group classes and home exercises
- **Strength & Balance** – beginner & intermediate
- **Strength & Fitness Training** – intermediate
- **Active Strength & Balance** – advanced

