

November/December 2024

# STAYING CONNECTED

## JOIN OUR COMMUNITY

- SPECIAL EVENTS
- BUS OUTINGS
- ACTIVITIES & EXERCISE PROGRAMS

Wednesday **11th December**  
12.15pm

## *Christmas Luncheon*

**\$35**

Join us for a delightful seasonal spread with music, trivia, a visit from Santa and festive cheer with friends old and new!

**Bookings  
essential**

Canterbury Centre,  
2 Rochester Road, Canterbury

RSVP – Bookings essential by Friday 6th December

BOOKINGS  
WEBSITE

**9880 4709**  
[basscare.org.au](http://basscare.org.au)

SOCIALS



basscareagedcare

SCAN TO  
DISCOVER

BASSCARE



“Christmas gives us the opportunity to pause and reflect on the important things around us.” – David Cameron

## Rob’s Take

Welcome to the Christmas edition of *Staying Connected!* This marks my first edition as the Program Leader for BASScare and Samarinda’s Community Centres. I’ve been warmly welcomed by everyone attending events and activities at the Canterbury and North Balwyn Senior Centres.

It’s hard to believe that 2024 is almost behind us; it feels like just yesterday that the year began! It has been a truly rewarding year filled with wonderful community events. We have lots of activities planned before the end of the year, culminating in our festive Christmas lunch, which is always a highlight. We invite you to join us in celebrating the season as a community.

One of the benefits of the BASScare and Samarinda merger is the expanded range of programs and events now available to our clients.

We’re seeing individuals who typically attend one Community Centre enjoying activities at other centres. The BASScare Scrabble group has successfully merged with the Samarinda Scrabble group, and similarly, clients from Samarinda are now participating in the Canterbury Centre’s movie afternoons—especially enjoying the choc tops!

Please note that the Community Centres will be closed for two weeks over the Christmas/New Year period, and there are varying end and start dates for activities, which you can find in this edition.

Finally, I want to wish you and your families a very Merry Christmas and a safe, peaceful New Year!

**Rob Howell**,  
Program Leader  
Community Centres



AFL Tipping Winners!

## Staying Connected November/December 2024

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### We also offer:

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

To enquire about any of these 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](mailto:socialsupport@basscare.org.au)

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



# Samarinda Community Centre Christmas Lunch

Join us for a delightful seasonal celebration, featuring music, trivia, a visit from Santa, and plenty of festive food and cheer with both old and new friends!

**Wednesday**

18<sup>th</sup> DECEMBER, 12.15 pm  
Bookings essential by Friday 6th December

**\$35**

296 High Street Ashburton Phone 9058 6060

# CHRISTMAS DAY LUNCH

Wednesday  
**25th December**  
12.00pm – 2.00pm

**\$35**

Join us on Christmas Day for a very merry festive lunch with all your traditional favourites!

Please book and pay by Friday  
December 13th

Canterbury Centre, 2 Rochester Road, Canterbury  
Transport: \$5\* each way (booking required & conditions apply)



One-Off Digital Education Session

## MASTERING MOBILE Apps

Join Rubin for a step-by-step workshop designed to assist you in understanding how to add Apps to your mobile phone and where you go to install them. Bring your device along so you can work alongside Rubin for this informative and interactive session.

Monday  
**25th November**

1.30pm - 3.00pm

Spaces Limited. Bookings essential

**FREE**



## Scottish Highland Dancing Performance

20th November  
Wednesday  
10.30 am

Join Trish for a morning of Scottish trivia and dancing! Josephine Lynch, a Highland Dancing Instructor, will perform for this special event. Show your Scottish spirit by wearing your family or favourite tartan.

**\$15\***

Bookings essential for session and lunch

A three-course UK roast beef "hot dinner" will follow with all the trimmings as a special lunch, \$15\*.

**Canterbury Centre, 2 Rochester Road, Canterbury**  
Transport: \$5\* each way (booking required & conditions apply)

## PROGRAMS END & START DATE

Canterbury Centre will close for the holidays on 23rd December 2024 and reopen on the 6th January

Program/Service	Last Session 2024	First Session 2025
Monday Blokes Outings	Monday Dec 16th	Monday Jan 13th
Monday Shopping Outings	Monday Dec 9th	Monday Feb 3rd
Art Class	Monday Dec 16th	Monday Jan 6th
Tai Chi	Monday Dec 16th	Monday Feb 17th
Dining Room	Wednesday Dec 18th	Monday Jan 13th
Brain Games	Monday Dec 16th	Monday Jan 6th
BC – Connected (Tech Help) Tuesdays	Tuesday Dec 17th	Tuesday Jan 14th
BC –Connected (Tech Help) Thursdays	Thursday Dec 19th	Thursday Jan 16th
Chatty Cafe	Friday Dec 13th	Friday Jan 17th
Exercise Physiology	Wednesday Dec 18th	Monday Jan 6th
Tuesday Outings	Tuesday Dec 17th	Tuesday Jan 14th
Tuesday 10am & 11.15am Exercise Classes	Tuesday Dec 17th	Tuesday Jan 7th
Wednesday 10am & 11am Exercise Classes	Wednesday Dec 18th	Wednesday Jan 8th
Lifelong Learning Group	Wednesday Dec 18th	Wednesday Jan 8th
Mahjong	Monday Dec 16th	Monday Jan 20th
Music Memories	Thursday Dec 19th	Thursday Jan 16th
Social Stitchers and Knitting	Wednesday Dec 11th	Wednesday 12th Feb
Wednesday Movies	Wednesday Dec 18th	Wednesday Jan 8th
Thursday 10am Exercise Class	Thursday Dec 19th	Thursday Jan 9th
Thursday 10am & 11am Exercise Classes – North Balwyn Senior Centre	Thursday Dec 19th	Thursday Jan 9th
Seniors Yoga	Thursday Dec 19th	Thursday Jan 9th
Pottery	Thursday Nov 28th	Not returning
Friday Outing	Friday Dec 13th	Friday Jan 17th
Hairdressing – Canterbury Centre	Friday Dec 13th	Friday Jan 10th
Hairdressing – North Balwyn Senior Centre	Friday Dec 20th	Friday Jan 17th
Podiatry – Canterbury Centre	Friday Dec 20th	Friday Jan 17th
Podiatry – North Balwyn Senior Centre	Friday Dec 13th	Friday Jan 10th
Friday Flicks – Movie Group	Friday Nov 29th	Not returning

# NOVEMBER Outings

For further information and bookings **9880 4709**

\* 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.

FRIDAY 1 <sup>st</sup>	<b>Tooradin Sportsclub, Tooradin</b> Located in idyllic Tooradin, this venue offers a delicious seniors' menu.	<b>\$15*</b> (plus lunch)
TUESDAY 5 <sup>th</sup>	<b>Melbourne Cup Public Holiday</b>	
FRIDAY 8 <sup>th</sup>	<b>Spencer's Store, Gembrook</b> This eclectic cafe and gift store is located in leafy Gembrook – a perfect day out!	<b>\$15*</b> (plus lunch)
TUESDAY 12 <sup>th</sup>	<b>St Kilda Botanic Garden, St Kilda – <i>Active Outing!</i></b> These spectacular gardens are perfect for a stroll with the newly renovated conservatory open for viewing. Lunch will be at St Kilda Dispensary Cafe, which was once the largest dispensary in the southern hemisphere.	<b>\$15*</b> (plus lunch)
FRIDAY 15 <sup>th</sup>	<b>“Paradigm Shift” Exhibition, UP Gallery, Sassafras</b> Abstract artist Kara Morrison offers a display of her latest oil on canvas work, with the gallery offering a unique gift store. Lunch will be prior at Sassafras Cafe.	<b>\$15*</b> (plus lunch)
TUESDAY 19 <sup>th</sup>	<b>Stoney's, Maddingley</b> Located near Bacchus Marsh this friendly bistro offers a huge seniors' menu.	<b>\$15*</b> (plus lunch)
FRIDAY 22 <sup>nd</sup>	<b>Caldermeade Farm, Caldermeade</b> Join us as we head away from the city! This outing will include a one-hour tour of the working dairy on a converted tractor bus with lunch at the delightful cafe onsite.	<b>\$35*</b> (plus lunch)
TUESDAY 26 <sup>th</sup>	<b>Yang Noodles &amp; Dumpling Chinese Restaurant, Heathmont</b> Offering a menu filled with traditional Chinese favourites, noodles and dumplings, this outing is a must for those who love Chinese cuisine.	<b>\$15*</b> (plus lunch)
THURSDAY 28 <sup>th</sup>	<b>Beleura Manor and Garden Tour – <i>Active &amp; Early Start Outing!</i></b> Join us for a guided tour of Beleura manor house and its extensive gardens.	<b>\$70*</b> (incl. lunch)
FRIDAY 29 <sup>th</sup>	<b>St Andrews Hotel, St Andrews</b> This iconic pub offers a seniors' menu and hearty pub favourites.	<b>\$15*</b> (plus lunch)

## BOROONDARA BLOKES – November OUTINGS

MONDAY 4 <sup>th</sup>	<b>Pop-a-Pie, Hastings</b> Enjoy the glorious views of Hastings and surrounds after a bakery lunch.	<b>\$15*</b> (plus lunch)
MONDAY 18 <sup>th</sup>	<b>Iron River Bar and Grill, Frankston</b> Serving American Style dishes, this venue is close to the water and is sure to please!	<b>\$15*</b> (plus lunch)



# DECEMBER 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.

<b>TUESDAY</b> 3 <sup>rd</sup>	<b>Rhododendron Gardens, Olinda – <i>Active Outing!</i></b> Come and explore these popular gardens. Cafe Vireya is located onsite and will be our lunch venue.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 6 <sup>th</sup>	<b>Scenic drive to Corinella – <i>Early Start!</i></b> Volunteer Ron, a retired Pilot, suggested this Westernport location which is a favourite of his. Lunch will be at <i>Fig and the Bay</i> , located within the Heritage Bay Estate Home.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 10 <sup>th</sup>	<b>Woori Yallock Historical Site</b> Loosely meaning “running creek” join us as we view the Woori Yallock Historical Station which operated from 1901 to 1965 for both tourism and the moving of timber. Lunch will be prior at the Launching Place Hotel.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 13 <sup>th</sup>	<b>A Christmas Special, Frankston Arts Centre</b> Join us for a concert filled with laughter, joy and the true spirit of Christmas. We will enjoy a two course lunch served prior to the show.	<b>\$67*</b> (incl. lunch)
<b>TUESDAY</b> 17 <sup>th</sup>	<b>Seasons Restaurant at Cloudehill Garden, Olinda</b> With terrace seating, gorgeous garden views and ingredients coming straight from the restaurant garden, this venue was deemed one of Melbourne's best restaurants on the Dandenong Ranges trail.	<b>\$15*</b> (plus lunch)

Day Trip Outings will take a short break over the Christmas and New Year period.  
See the January – February issue in late December for more details.

## BOROONDARA BLOKES – December OUTINGS

<b>MONDAY</b> 2 <sup>nd</sup>	<b>Tooradin Bakery and Esplanade</b> This bakery offers a vast array of pies and sweet delights. A walk along the esplanade will follow, with pelicans aplenty!	<b>\$15*</b> (plus lunch)
<b>MONDAY</b> 16 <sup>th</sup>	<b>Blokes BBQ, Gateway Reserve, Lilydale</b> Join Rodney for a BBQ to celebrate another fantastic year of Blokes outings!	<b>\$25*</b> (incl. lunch)

## SHOPPING TRIPS/ SAVE THE DATE

### MONDAY SHOPPING TRIPS – MONTHLY OUTING

Home pickup usually 10.00 – 11.30am unless otherwise stated

MONDAY  
9<sup>th</sup>  
DECEMBER

#### The Artisan Strip, Sassafras – *Active Trip*

Are you looking for Christmas gifts or something special for yourself? With handmade candles and cards, soaps, boiled sweets and selected teas at the crazy tea pot shop, there's something for everyone in Sassafras! Lunch will be at Mrs Marple's Tea Room.

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

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

## Rochester Road Redevelopment

Join us on Friday  
**22nd November**

11.00am FREE!

Share your thoughts and learn more about the redevelopment over morning tea!

#### *Why are we redeveloping the site?*

Our research has shown that there is an insufficient supply of retirement living and modern residential aged care accommodation for the ageing population of the area.

#### *Where are we up to?*

BASScare has released a draft masterplan for redeveloping the site. Once the masterplan is finalised a planning submission will go to the City of Boroondara.

#### *How does this effect BASScare clients?*

Canterbury Centre and Sharrott House social activities and programs for clients will continue as usual until a temporary location is ready. At that point, activities and programs will be relocated until the redevelopment is complete. However, BASScare is still in the planning stages, so this transition is not expected to happen anytime soon.

## Save the Date!

NGV – Yayoi Kusama touring collection

NGV celebrates the illustrious career of iconic contemporary artist Yayoi Kusama with a world-premiere blockbuster exhibition spanning her eight-decade practice. Born in Japan in 1929, Kusama is one of the world's most important and recognised provocative living artists. This exhibition features more than 180 of her artworks, including many never-before-seen by local audiences and a diverse display of showstopping immersive rooms. Limited spaces available.

Thursday  
outing in February

**Thursday 13th February**  
\$50\* (plus lunch)

Book by 6th February  
Call **9880 4709** for bookings



# 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\*) afterwards and enjoy the conversation with our friendly group.

Wednesdays <sup>from</sup> 10.30am

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

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

<p>WEDNESDAY  <b>6<sup>th</sup></b>                  NOVEMBER</p>	<p><b>Classical Pianist Nerida Evans</b>                  Nerida is an Australian Classical Pianist who has spent 10 years as an expat in the UK and Vietnam. She has taught piano, studied and hosted charity concerts featuring Beethoven, Bach and a range of composers.</p>
<p>WEDNESDAY  <b>13<sup>th</sup></b>                  NOVEMBER</p>	<p><b>Puffing Billy</b>                  Barry Goom returns to talk about Puffing Billy with photos, movies and music. Barry will cover the train's history from its inception to its past success transporting Melbourne's food and timber supplies, to today's world class tourist attraction.</p>
<p>WEDNESDAY  <b>20<sup>th</sup></b>                  NOVEMBER</p>	<p><b>Get Your Tartan On</b>                  Josephine Lynch will perform Scottish highland dancing and bagpipe playing for this special event. We will explore and learn about what Scotland has to offer. Show your Scottish spirit by wearing your family or favourite tartan.</p>
<p>WEDNESDAY  <b>27<sup>th</sup></b>                  NOVEMBER</p>	<p><b>Local Native Flora and Fauna</b>                  Horticulturalist Ian Moodie has 30 years experience in the City of Whitehorse Parks and Gardens area. He will talk to the group about the native plants, animals, birds, insects, fungi, slime moulds etc. to be found in the eastern Melbourne region.</p>
<p>WEDNESDAY  <b>4<sup>th</sup></b>                  DECEMBER</p>	<p><b>Alfred Deakin</b>                  Matthew Ety-Leal returns to talk about Alfred Deakin. He studied law at Melbourne University, became a spiritualist and then entered State politics. He worked on making Australia a Federation, before entering Federal politics in 1901 and served as Australia's second Prime Minister.</p>
<p>WEDNESDAY  <b>18<sup>th</sup></b>                  DECEMBER</p>	<p><b>Christmas Carols</b>                  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 Christmas Morning Tea to enjoy together.</p>

*Fortnightly Group:*

## Music Memories

Come along to rediscover the joy of music, relive cherished memories and enjoy delightful conversations over a yummy afternoon tea.

**BOOK TODAY!**  
**\$7\***

**Thursday**  
 Fortnightly  
**2.00pm**  
 First Session FREE!

**Canterbury Centre, 2 Rochester Road, Canterbury**  
 Transport available. Join us for a 3-course lunch prior. \$13\*, bookings essential.

## WEDNESDAY AFTERNOON MOVIES & BRAIN GAMES – AT CANTERBURY CENTRE



Join us for a film or documentary each Wednesday afternoon at 1.30pm. **Cost: \$7\***

- |               |   |
|---------------|---|
| 6th November  | <b>The Greatest Showman</b> (2017) Musical biopic of P.T. Barnum (Hugh Jackman), a brash, enterprising man who overcomes his humble beginnings to create a daring spectacle like no other.  |
| 13th November | <b>Ride Like a Girl</b> (2019) Tells the inspirational story of Michelle Payne, the first female jockey to win the Melbourne Cup.   |
| 20th November | <b>Brigadoon</b> (1954) Classic MGM musical starring Gene Kelly and Cyd Charisse about an enchanted village in the Scottish Highlands.  |
| 27th November | <b>South Solitary</b> (2010) Set in 1928, an unmarried woman (Miranda Otto) arrives at a remote lighthouse island with her uncle (Barry Otto), the new head lightkeeper.                    |
| 4th December  | <b>Ali's Wedding</b> (2017) Delightful Australian romantic comedy about a young Muslim man who falls in love with an Australian born Lebanese girl.   |
| 11th December | <b>NO MOVIE – Christmas Lunch</b>   |
| 18th December | <b>Wonka</b> (2023) With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers. |

## BRAIN GAMES!

Join us for an engaging session where she will explore a variety of thought-provoking topics in our digital interactive space. The event will feature quizzes, trivia questions and delightful chocolates to indulge your taste buds!

Monday's  
1.30 – 2.30pm

**\$7\***

**Canterbury Centre 2 Rochester Road, Canterbury**  
Transport: \$5\* each way (booking required & conditions apply)



# FRIDAY flicks

10.30am



The price includes an ice-cream, light lunch, tea/coffee and good company!

**\$15\*** Price includes  
Light Lunch

29<sup>th</sup> NOVEMBER

### THE GREAT ESCAPER (2023)

In the summer of 2014 – the 70th anniversary of D-Day Landings – Octogenarian Bernie Jordan made global headlines. He staged a “great escape” from his care home to join fellow war veterans on a beach in Normandy, commemorating their fallen comrades. Stars Michael Caine and Glenda Jackson.



**Samarinda Community Centre 296 High Street, Ashburton**

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

## NORTH BALWYN SENIORS CENTRE



The North Balwyn Seniors Centre will be closed over the Christmas and New Year break from 19th of December and will return on the 10th of February.

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

**9 Marwal Avenue, Balwyn North** Phone 9880 4752

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



## Samarinda Community Centre

For more Community Services offerings visit Samarinda website, offering Community Transport, Delivered Meals, Day Respite Program, Support at Home Program, Social and Group Activities, Exercise Classes, Disability Services and more! <https://samarinda.org.au>

**296 High Street, Ashburton** Phone 9058 6060

**Office Hours:** Monday to Friday, 9am – 4.30pm (closed Public Holidays)



Scan to learn more about Samarinda Social Activities



## **\*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 03 9880 4709 and speak to our Client Liaison Officers.**

## **Working Bee Afternoon Tea**

**Join us for the January/February newsletter mail out at 1.30pm Wednesday December 18th at the Canterbury Centre, 2 Rochester Road, Canterbury.**

**Enjoy good company, plus a cuppa and cake from us 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.