

January/February 2025

# STAYING CONNECTED

## JOIN OUR COMMUNITY

- SPECIAL EVENTS
- BUS OUTINGS
- ACTIVITIES & EXERCISE PROGRAMS



## Aussie BBQ

Enjoy lamb chops, lamingtons and a variety of fresh salads. Put your knowledge to the test with our interactive quiz on Australian leaders!

Wednesday  
**January 29th**  
12.15pm

Transport available \$10\* return or FREE shuttle from Samarinda Community Centre.

**\$35**

Canterbury Centre,  
2 Rochester Road, Canterbury

RSVP – Bookings essential by  
**Friday 17th January**

BOOKINGS **9880 4709**

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

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

SCAN TO  
DISCOVER

BASSCARE



“Approach the new year with resolve to find the opportunities hidden in each new day.” – Michael Josephson

## Rob's Take

Happy New Year! I hope you had a chance to rest and reflect on 2024 over the Christmas/New Year Period. It is amazing to think the 21st Century is almost a quarter over! A new year brings great promise, and together with the merger with Samarinda, there are exciting opportunities for our Community Centres – with new programs on offer, new friends to meet, and new places to explore. With much work behind us, now we look forward to bringing more exciting activities to you throughout this year. If, during your rest and reflection, you identified you would like some more help in 2025 please let us know. We can connect you with people across BASScare (and other organisations) who can assist in many areas including meals, domestic and personal assistance at home, podiatry, hairdressing and even social opportunities to stay connected with people in your local community.

As always we are keen for your feedback. The best activities at the Community Centres are all from ideas and feedback from our Community Centre attendees. We have added another method of providing feedback through an interactive screen at each Community Centre. If you are not comfortable with the technology let us know and we can show you. Alternatively, you can always just talk to us at the Community Centres or during our program activities.

I look forward to seeing you soon!

**Rob Howell,**  
Program Leader  
Community Centres



## Staying Connected January/February 2025

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### We also offer:

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

# Valentine's Day Love and Sundaes

Celebrate all things romance and weddings!  
Bring a family wedding photo, dress or  
memory to share at our special Lifelong  
Learning Group session.

**10.30am Cost \$15\***

Afterwards, enjoy a light sandwich lunch  
followed by an "Ice-Cream Sundae Bar" where  
you can create your own personalised sundae  
with yummy toppings!

**12.30pm Cost \$20**

Wednesday  
**February 19th**

RSVP – Bookings essential by Friday 14th February

Canterbury Centre, 2 Rochester Road, Canterbury



## INTERACTIVE FEEDBACK SCREENS NEW!



Canterbury Centre and Samarinda  
Community Centre have both added new  
interactive feedback screens.

Please use these screens to share (your)  
feedback regarding the site, staff and  
programs. We are eager to receive your  
feedback to help improve our services.

# 3 Week iPhone Course

At the Canterbury Centre

Mobile phones help us stay connected, entertained and up-to-date with the latest information and online services.

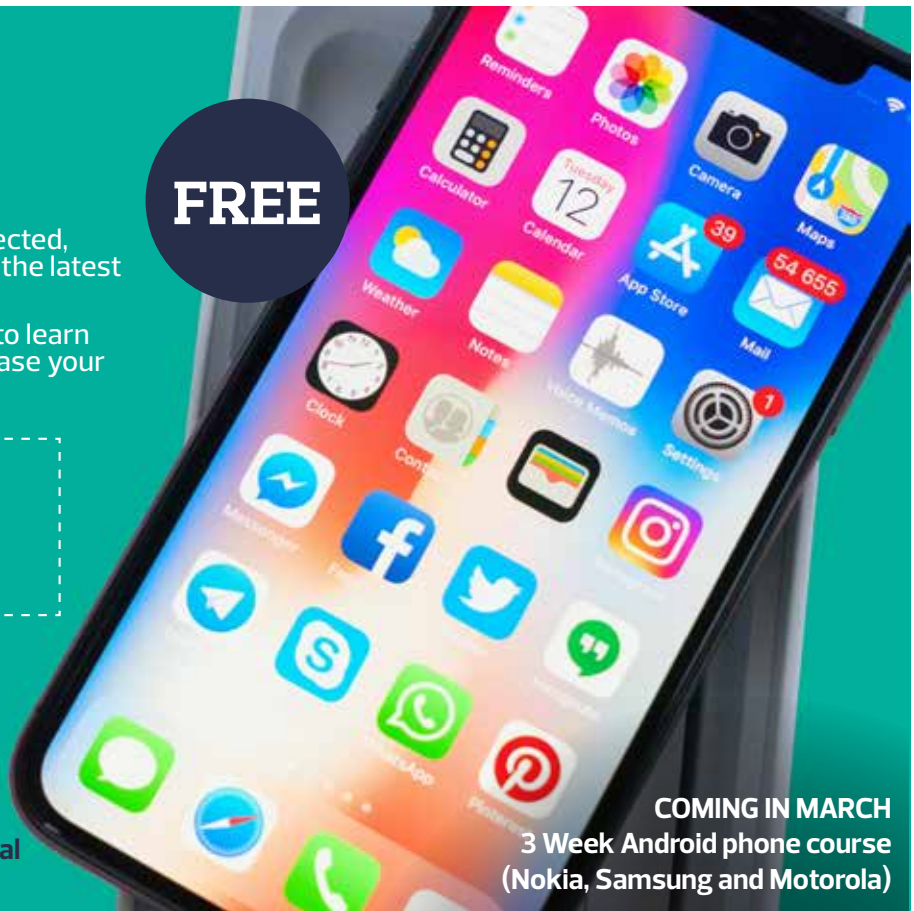
Join Rubin for 3 weekly sessions to learn about iPhone functions and increase your skills and confidence.

**FREE**

Weekly Sessions, Starting  
**Monday, 10th Feb**  
1.30pm - 3.00pm

Join us for a 3-course lunch prior.  
\$13\*, bookings essential.

Spaces Limited. Bookings essential



**COMING IN MARCH**  
3 Week Android phone course  
(Nokia, Samsung and Motorola)

Canterbury Centre, 2 Rochester Road, Canterbury



**FREE**

## Excursion – Tour of Samarinda

In 2024 Samarinda Ashburton Aged Services merged with BASScare. We now have a broader range of programs, lunches, outings and activities to offer through Samarinda Community Centre in Ashburton. Join us on the bus for a tour of Samarinda Community Centre and see what it has to offer. The tour will be followed by a yummy morning tea with home-baked goodies.

Limited spaces available.

**Wednesday 12th February**

Departing Canterbury Centre 10.00am

Arriving Samarinda Community Centre 10.30am

**RSVP: Friday 7th February – Bookings are essential**

## SAVE THE DATE

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### Body Health by BASScare

#### Falls Prevention Program

12-week Exercise Physiologist-led Falls Prevention classes. 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 at improving balance and reducing your risk of falls.

**Includes:**

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

Weekly classes starting

**Tuesday 18th March**  
1.30pm – 2.30pm

Sharrott House, 8 Rochester Rd, Canterbury

**\$200\***  
subsidised.  
\$475  
standard



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

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

## Save the Date!

### Alowyn Gardens Outing

Alowyn Gardens sits within the rolling hills of Yarra Glen. It sprawls over 7 acres and is home to the Wisteria Cafe. Join us for a casual stroll through these stunning landscapes including French Parterre, Provincial, Perennial and Zen gardens.

**Active Outing!**

Coming in March! **Thursday Outing**

**Thursday 20th March**

\$27.50\* (plus lunch)

RSVP: Book and pay by March 14th  
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.

**Day Trips Outings will take a short break over the Christmas and New Year period.**

**The first outing back for 2025 will be on Tuesday the 14th of January.**

<b>TUESDAY</b> 14 <sup>th</sup>	<b>Long Beach RSL, Chelsea</b> Located in the beachside suburb of Chelsea, this venue offers a vast seniors' menu.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 17 <sup>th</sup>	<b>Watsonia RSL</b> This friendly RSL offers a delicious seniors' menu and all your pub favourites.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 21 <sup>th</sup>	<b>Dandenong Markets – <i>Active Outing!</i></b> Explore the fresh food market and the bazaar. Lunch will be onsite at the dining area which offers a range of local and international delicacies.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 24 <sup>th</sup>	<b>The Patch Store, The Patch (Monbulk)</b> Featured on "Weekend notes" a few years ago, this old-style corner store turned cafe (built in the 1920s), is situated in the leafy surrounds of The Patch.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 28 <sup>th</sup>	<b>Oliver's Corner, Frankston</b> Oliver's Corner is a beach bar and cafe at the Frankston Yacht Club on Frankston foreshore.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 31 <sup>st</sup>	<b>Sorrento Museum – <i>Active and Early Outing!</i></b> Join historian and tour guide Annette as she highlights documents, photographs and artifacts of the local area. Also included is the history of the Quarantine station and items from the 1803 settlement. Lunch will be prior to the 1pm tour.	<b>\$23*</b> (plus lunch)

## **BOROONDARA BLOKES – JANUARY OUTINGS**

<b>MONDAY</b> 13 <sup>th</sup>	<b>Sanga's Landing, Warburton East</b> Join us for a scenic drive to the picturesque township of Warburton. Stroll by the river and enjoy lunch at Three Sugars Cafe.	<b>\$15*</b> (plus lunch)
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To receive the subsidised price you will need a My Aged Care number and referral.

<b>TUESDAY</b> 4 <sup>th</sup>	<b>Whistle Stop Bistro, New Gisborne</b> Nestled at the foothills of the Macedon Ranges, this country bistro offers a vast menu. Enjoy a day out in this gorgeous leafy area.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 7 <sup>th</sup>	<b>Hear Me Now, Frankston Arts Centre</b> Opera singer and tenor David Hobson will perform a mix of popular operatic items and music theatre classics. We will enjoy a delicious two course lunch prior to the show.	<b>\$70*</b> (incl. lunch)
<b>TUESDAY</b> 11 <sup>th</sup>	<b>The Peninsula Club, Dromana</b> This community club and RSL offers a delicious seniors' menu and friendly atmosphere.	<b>\$15*</b> (plus lunch)
<b>THURSDAY</b> 13 <sup>th</sup>	<b>Yayoi Kusama Collection, NGV</b> This exhibition celebrates the illustrious 80-year career of celebrated Japanese artist Yayoi Kusama. Limited spaces available.	<b>\$50*</b> (incl. lunch)
<b>FRIDAY</b> 14 <sup>th</sup>	<b>1000 Steps Cafe, Upper Ferntree Gully</b> Nestled under the tranquil gumtrees at the base of the 1000 steps walking track, this cafe serves tasty snacks in picturesque surroundings.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 18 <sup>th</sup>	<b>Williamstown – <i>Early Start!</i></b> Join us for a day discovering Williamstown. Explore the strip of shops at your leisure, stroll the pier and enjoy lunch at a cafe of choice.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 21 <sup>st</sup>	<b>Northpoint Cafe, Brighton</b> Overlooking the waterfront, this popular cafe is a must for those who love the seaside.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 25 <sup>th</sup>	<b>The Angler's Tavern, Maribyrnong</b> Situated overlooking the Maribyrnong River, this venue offers a vast seniors' menu. Join us for a delightful lunch then a drive around the area.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 28 <sup>th</sup>	<b>Kang's Wok Chinese Restaurant, Healesville</b> This warm and inviting restaurant is located on the main street of Healesville and offers a delicious menu with your Chinese favourites.	<b>\$15*</b> (plus lunch)

## BOROONDARA BLOKES – FEBRUARY OUTINGS

<b>MONDAY</b> 10 <sup>th</sup>	<b>Ducky Cafe, Seville</b> Join Rob and the blokes for scenic drive and lunch in Seville.	<b>\$15*</b> (plus lunch)
<b>MONDAY</b> 24 <sup>th</sup>	<b>Red Hill Baker, Balnarring</b> With a vast menu of pies and cakes, this is a Mornington Peninsula outing which will tickle your taste buds.	<b>\$15*</b> (plus lunch)

# SHOPPING TRIP

## MONDAY SHOPPING OUTING

Home pickup usually 10.00am – 11.30am unless otherwise stated

MONDAY  
3<sup>rd</sup>  
FEBRUARY

### Savers and NQR – Narre Warren

Join us for a day of savings! Savers is a thrift store with multiple locations across the state and the NQR store is synonymous with Victoria. Join us for an enjoyable day out with lunch at a cafe nearby.

**Reminder – bring some shopping bags for your purchases!**

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

For further information and bookings phone **9880 4709**  
Canterbury Centre, 2 Rochester Road, Canterbury

## Joyful memories captured from previous outings and programs.



### follow us on SOCIAL MEDIA

Follow BASScare on Facebook and/or Instagram to see activities and events for BASScare services.

How to:

- Open Facebook and/or Instagram
- Go to search bar
- Search BASScareAgedCare and click on the BASScare profile
- Click follow!



 facebook

 Instagram





# 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**

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

<p>WEDNESDAY 8<sup>th</sup> JANUARY</p>	<p><b>Andre Reu Vienna Concert</b>                  A morning filled with classical music from Andre Rieu, replaying his Vienna concert. The Vienna concert was held in front of the beautiful Hofburg Palace and features works by composers Johann Strauss and Franz Lehar. We will touch on Andre's life story.</p>
<p>WEDNESDAY 15<sup>th</sup> JANUARY</p>	<p><b>2024 Photography Winners</b>                  Photography shapes how we view our world in many ways. In this session we look at the top Nature, Landscape and World Press photographs for 2024. Please bring along your favourite photographs to share with the group.</p>
<p>WEDNESDAY 22<sup>nd</sup> JANUARY</p>	<p><b>Armchair Travel to Singapore</b>                  Caroline will share her experiences of her recent Singaporean food tour. She will share her vivid memories of its cultural diversity and delicious food.</p>
<p>WEDNESDAY 29<sup>th</sup> JANUARY</p>	<p><b>BBQ with Jay</b>                  Barbecuing is one of the defining features of many countries' cuisine and for some cultures, it is a source of national pride – everyone thinks their way of doing it is the best! Jay, BASScare's retired chef, will talk about diverse cultural ways of barbecuing meat.  <b>This will be followed by our Aussie BBQ</b></p>
<p>WEDNESDAY 5<sup>th</sup> FEBRUARY</p>	<p><b>Strawberry Jam Making</b>                  There is something so satisfying about making jam – your kitchen fills with the sweet aromas of fruit, and your excitement builds as the mixture begins to set. Join Trish in making Strawberry Jam to take home and enjoy.</p>
<p>WEDNESDAY 12<sup>th</sup> FEBRUARY</p>	<p><b>Germany with volunteer Sali</b>                  Sali is one of BASScare's German volunteers working with us for 12 months. Sali will be sharing a firsthand insight into living in Germany, highlighting the unique, funny and curious aspects of German culture. Dive into a country full of bread-lovers, hiking enthusiasts and ceaseless bureaucracy.</p>
<p>WEDNESDAY 19<sup>rd</sup> FEBRUARY</p>	<p><b>Valentine's Day – Wedding Reminiscing</b>                  You are cordially invited to a BASScare Wedding Banquet where we will reminisce about your most cherished memories of weddings. Bring along any stories and memorabilia from weddings you have attended to share with the group.  <b>This will be followed by our Valentine's Day – Love and Sundaes lunch</b></p>
<p>WEDNESDAY 26<sup>th</sup> FEBRUARY</p>	<p><b>Boroondara Library Resources</b>                  Boroondara Library Service offers more than just books. The library staff will talk to us about making the most of your local library. Learn what is available in your local library, how to sign up and use the extensive collection, access eResources and so much more.</p>

## WEDNESDAY AFTERNOON MOVIES & VOLUNTEER



## WEDNESDAY AFTERNOON MOVIES – CANTERBURY CENTRE

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

8th January	<b>Yesterday (2019)</b> A struggling musician realises he's the only person on Earth who can remember The Beatles after waking up in an alternate reality where they never existed.
15th January	<b>Big Eyes (2014)</b> Based on the life of painter Margaret Keane, a shy artist who struggled to step out of her controlling husband's shadow as he passed off her uniquely mesmerising paintings as his own.
22nd January	<b>Crazy Rich Asians (2018)</b> This romantic comedy based on a global bestseller, follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family.
29th January	<b>Hunt for the Wilderpeople (2016)</b> Delightful comedy/drama about a national manhunt for a rebellious kid and his foster uncle (Sam Neill) who go missing in the wild New Zealand bush.
5th February	<b>Greta (2018)</b> When a trusting young woman returns a left-behind handbag to a lonely widow, they spark up a friendship that soon turns into something sinister.
12th February	<b>Mona Lisa Smile (2003)</b> In 1953, the women of Wellesley College are measured by how well they marry...until the arrival of a professor who threatens to upend the status quo.
19th February	<b>Love at First Sight (2023)</b> Two strangers connect on a flight to London, only to be separated by a twist of fate. A reunion seems improbable – but love has a way of defying the odds. A wonderful movie after our Valentine's Day – Love and Sundaes lunch.
26th February	<b>Mr Harrigan's Phone (2022)</b> A boy and an aging billionaire bond over books – and their first iPhones. But when the older man passes, their mysterious connection refuses to die. Based on a Stephen King novella.

## Volunteer Opportunities at BASScare / Samarinda

Are you looking to make a difference in your community? We have a variety of exciting volunteer opportunities available across our organisation, and we would love to have you join us! Whether you're interested in supporting others, learning new skills, or giving back, there is sure to be a role for everyone.

### Current Volunteer Opportunities:

- Kitchen and Baking Assistants for social events
- Dementia Day Respite
- Meals on Wheels delivery drivers
- Social Activities Assistant at Community Centres

If you would like to learn more about these opportunities or know someone who might be interested, please reach out to Bernadette, our Volunteer Engagement Coordinator, on 0447 503 741.

# FRIDAY flicks

at Samarinda

1.30pm



Join us once a month for a Friday afternoon showing of a popular film you may have missed at the cinema. The price includes an ice-cream, light lunch, tea/coffee and good company!

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

**28<sup>th</sup> FEBRUARY**

## THE HOLDOVERS (2023)

Set in 1970, a curmudgeonly instructor at a New England school remains on campus during Christmas break. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's cook, a woman who just lost a son in the Vietnam War.



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

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



## 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



## North Balwyn Seniors Centre

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 March/April newsletter mail out at 1.30pm Wednesday 19th February 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**

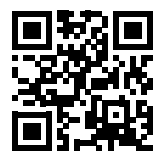
**Phone: 9880 4709**

**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/contact-us/](http://www.basscare.org.au/contact-us/)**

**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.

Getting to Samarinda Community Centre – there is parking at the centre, but please take note of the parking signs. There is plenty of parking at the YMCA pool on Warner Avenue. We are on the 734-bus route or a short walk from Ashburton Station.