

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.

Canterbury Centre,
2 Rochester Road, Canterbury

RSVP – Bookings essential by
Friday 17th January

BOOKINGS **9880 4709**

WEBSITE basscare.org.au

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

WEB 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

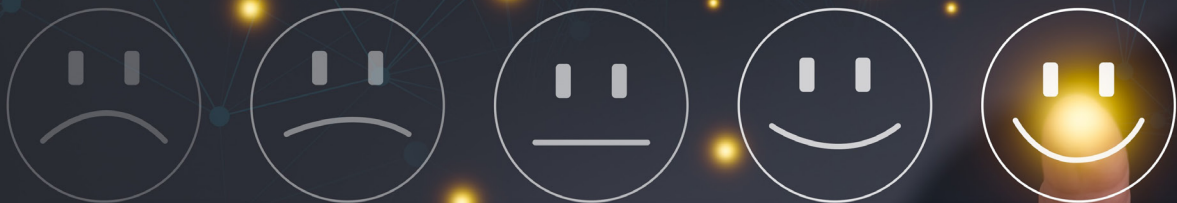
Wednesday
February 19th

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



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.

FREE

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

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

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.

TUESDAY 14 th	Long Beach RSL, Chelsea Located in the beachside suburb of Chelsea, this venue offers a vast seniors' menu.	\$15* (plus lunch)
FRIDAY 17 th	Watsonia RSL This friendly RSL offers a delicious seniors' menu and all your pub favourites.	\$15* (plus lunch)
TUESDAY 21 th	Dandenong Markets – <i>Active Outing!</i> 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.	\$15* (plus lunch)
FRIDAY 24 th	The Patch Store, The Patch (Monbulk) 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.	\$15* (plus lunch)
TUESDAY 28 th	Oliver's Corner, Frankston Oliver's Corner is a beach bar and cafe at the Frankston Yacht Club on Frankston foreshore.	\$15* (plus lunch)
FRIDAY 31 st	Sorrento Museum – <i>Active and Early Outing!</i> 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.	\$23* (plus lunch)

BOROONDARA BLOKES – JANUARY OUTINGS

MONDAY 13 th	Sanga's Landing, Warburton East Join us for a scenic drive to the picturesque township of Warburton. Stroll by the river and enjoy lunch at Three Sugars Cafe.	\$15* (plus lunch)
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FEBRUARY 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.

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

BOROONDARA BLOKES – FEBRUARY OUTINGS

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

SHOPPING TRIP

MONDAY SHOPPING OUTING

Home pickup usually 10.00am – 11.30am unless otherwise stated

MONDAY
3rd
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 ^{from} 10.30am

2 Rochester Road, Canterbury

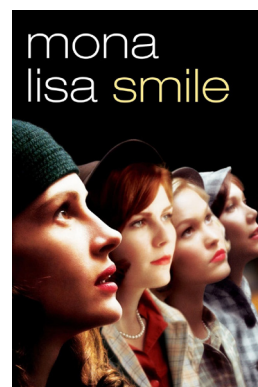
\$15*

come along and try

FIRST SESSION FREE

WEDNESDAY 8 th JANUARY	<p>Andre Reu Vienna Concert</p> <p>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>
WEDNESDAY 15 th JANUARY	<p>2024 Photography Winners</p> <p>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>
WEDNESDAY 22 nd JANUARY	<p>Armchair Travel to Singapore</p> <p>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>
WEDNESDAY 29 th JANUARY	<p>BBQ with Jay</p> <p>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.</p> <p>This will be followed by our Aussie BBQ</p>
WEDNESDAY 5 th FEBRUARY	<p>Strawberry Jam Making</p> <p>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>
WEDNESDAY 12 th FEBRUARY	<p>Germany with volunteer Sali</p> <p>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>
WEDNESDAY 19 rd FEBRUARY	<p>Valentine's Day – Wedding Reminiscing</p> <p>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.</p> <p>This will be followed by our Valentine's Day – Love and Sundaes lunch</p>
WEDNESDAY 26 th FEBRUARY	<p>Boroondara Library Resources</p> <p>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	Yesterday (2019) 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	Big Eyes (2014) 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	Crazy Rich Asians (2018) This romantic comedy based on a global bestseller, follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family.
29th January	Hunt for the Wilderpeople (2016) 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	Greta (2018) 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	Mona Lisa Smile (2003) 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	Love at First Sight (2023) 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	Mr Harrigan's Phone (2022) 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

28th 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/

**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.