

March/April 2025

# STAYING CONNECTED

## JOIN OUR COMMUNITY

- SPECIAL EVENTS
- BUS OUTINGS
- ACTIVITIES & EXERCISE PROGRAMS

## EASTER Luncheon

Easter celebration featuring a delectable lunch, indulgent chocolate dessert and, of course, Easter eggs!

Bookings essential by  
**Friday April 11th**

Wednesday  
**April 16th**  
12.15pm

**\$20\***

Join the Lifelong Learning Group session at 10.30am to explore Easter traditions and enjoy flavoured hot cross buns from around the world before the luncheon.

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

BOOKINGS **9880 4709**

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

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

SCAN TO  
DISCOVER

BASSCARE



## Rob's Take

As we step into Autumn, we take a moment on March 8th to recognise International Women's Day, a celebration of the strength, determination and resilience of women everywhere. Officially recognised 50 years ago in 1975, International Women's Day is now a national holiday in 27 countries. We hope to see the day honoured as a public holiday in Australia in the future.

This edition of Staying Connected is the first fully merged publication, covering activities across BASScare and Samarinda Community Centres. You should have received a notification of our price changes, effective March 1, which aligns pricing across our centres. We have worked to minimise changes while ensuring consistency and fairness.

With Autumn comes the excitement of the 2025 AFL Footy Season! This year, Karin and Caroline will run a combined BASScare/Samarinda Footy Tipping Competition—a fun way to bring everyone together. Go Cats!

We hope you enjoy this edition and all the activities planned for the coming months.

**Rob Howell,**  
Program Leader  
Community Centres

*"Laughter is timeless. Imagination has no age.  
And dreams are forever."  
– Walt Disney*

### We also offer:

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

## Staying Connected March/April 2025

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**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

296 High Street Ashburton

**Office Hours:** Monday – Friday 9.00am – 4.30pm  
(closed Public Holidays)

**PHONE 9058 6060**

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

## SPECIAL EVENTS

# Greek Independence Day

**\$20\***

Celebrate Greece's independence from the Ottoman Empire with a feast of Spanakopita and indulgent baklava, honouring the rich traditions of Greek cuisine.

Join the LLG session at 10.30am to explore Greece's history, music, quizzes and enjoy a traditional Greek morning tea before the luncheon. Cost \$10\*

Wednesday 12.15pm  
**March 26th**

Bookings essential  
by Friday March 21st

**Canterbury Centre**

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

# 3 Week Digital Course

*Android Phones (incl. Samsung, Google, Motorola, Nokia)  
at the Canterbury Centre*

**FREE**

Mobile phones keep us connected and simplify life by providing up-to-date information, online services, entertainment and ways to stay in touch with loved ones.

Join Ruben for 3 step-by-step classes with detailed handouts to enhance your mobile phone skills. Learn about your phone's functions and features, and gain confidence in using your device.

*Weekly Sessions, Starting*

**Monday March 17th**

**1.30pm – 3.00pm**

**Spaces Limited**

**Bookings essential  
by Friday March 14th**

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



# Rochester Road Re-development Information Session

Join us for an informative session with Edward, BASScare's Executive General Manager of Property & Developments, on the Rochester Road re-development, accompanied by a light morning tea.

Building on November's presentation, this session will provide deeper insights into the purpose of the re-development, the current project status, expected impacts on clients and development timelines. Detailed images of the plans will be shared, followed by a Q&A opportunity.

Friday **April 4th**  
11.00am

**FREE**

## SAVE THE DATE

*Martin Grant Fashion Exhibition - NGV*

Renowned designer Martin Grant is unveiling garments, sketches and photographs from his personal archive collection in this exclusive couture exhibition. With a career spanning four decades, Grant will showcase iconic pieces from the 1980s through to his latest creations, offering a unique insight into his evolution as a designer.

**\$35\***  
(plus lunch)

Limited spaces available.

**Thursday June 12th**

RSVP by Thursday June 5th, bookings essential!

Canterbury Centre, 2 Rochester Road, Canterbury

# SAMARINDA COMMUNITY CENTRE Outings

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

For bookings call 9058 6060

## MARCH Outings

TUESDAY 4 <sup>th</sup>	<b>The Cove Hotel, Patterson Lakes</b> Take in breathtaking waterfront views over the Patterson Lakes Marina while you enjoy a delicious lunch. Seniors Menu available.	<b>\$15*</b> (plus lunch)
TUESDAY 11 <sup>th</sup>	<b>Phoenix Hotel, Point Cook</b> Lunch by the sea. Seniors Menu available.	<b>\$15*</b> (plus lunch)
TUESDAY 18 <sup>th</sup>	<b>The Doncaster Hotel</b> The "Donny" has been serving the local community for over 150 years. Seniors Menu available.	<b>\$15*</b> (plus lunch)
TUESDAY 25 <sup>th</sup>	<b>Mystery Bus Outing</b> Where are we going? What will we do there? Only one person knows.	<b>\$15*</b> (plus lunch)

## APRIL Outings

TUESDAY 1 <sup>st</sup>	<b>The Dava Hotel, Mt Martha</b> The Dava Hotel with its views across the bay is an iconic venue steeped in history since the 1920s. Seniors Menu available.	<b>\$15*</b> (plus lunch)
TUESDAY 8 <sup>th</sup>	<b>Paperbark Café, Kuranga Nursery</b> Discover the Paperbark Café nestled within Kuranga native plant nursery offering a bush food inspired menu.	<b>\$15*</b> (plus lunch)
TUESDAY 15 <sup>th</sup>	<b>Elsternwick Hotel</b> The Elsternwick offers a lovely lunch with an extensive pub menu provided by Victorian producers.	<b>\$15*</b> (plus lunch)
TUESDAY 22 <sup>nd</sup>	<b>Warragul Country Club - <i>Early Start!</i></b> The Fairways Bistro is one of Gippsland's premier restaurants. Seniors Menu available.	<b>\$15*</b> (plus lunch)
TUESDAY 29 <sup>th</sup>	<b>Eltham Hotel</b> The Eltham Hotel provides delicious meals with old world charm with a rich history dating back to the 19th Century. Seniors Menu available.	<b>\$15*</b> (plus lunch)

# CANTERBURY CENTRE Outings

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

## MARCH Outings

TUESDAY 4 <sup>th</sup>	<b>Cunninghams Hotel, Yarra Junction</b> This venue offers a vast Seniors Menu in the leafy surrounds of Yarra Junction.	<b>\$15*</b> (plus lunch)
FRIDAY 7 <sup>th</sup>	<b>Trios Sports Club, Cranbourne</b> This sports club overlooks the racetrack and offers a delicious Seniors Menu.	<b>\$15*</b> (plus lunch)
TUESDAY 11 <sup>th</sup>	<b>Melbourne Botanic Garden Tour – <i>Active Outing!</i></b> Explore the historic Melbourne Botanic Gardens on a guided minibus tour with lunch after at the Garden Cafe. This is sure to be a great day out.	<b>\$28*</b> (plus lunch)
FRIDAY 14 <sup>th</sup>	<b>Deoro by the Bay, Hastings</b> Fancy a seafood lunch in a beautiful seaside location? Deoro offers Aussie favourites and light meals so there's something for everyone.	<b>\$15*</b> (plus lunch)
TUESDAY 18 <sup>th</sup>	<b>The Boathouse, Moonee Ponds</b> This spectacular restaurant sits over the Maribyrnong River offering a vast and varied menu.	<b>\$15*</b> (plus lunch)
THURSDAY 20 <sup>th</sup>	<b>Alowyn Gardens, Yarra Glen – <i>Active Outing!</i></b> Stroll through stunning landscapes highlighting garden styles from across the globe. Lunch at the on-site Wisteria Cafe.	<b>\$27.50*</b> (plus lunch)
FRIDAY 21 <sup>st</sup>	<b>Dine Divine, Sassafra</b> Located in a decommissioned chapel this restaurant is listed in the Australian Good Food Guide as a prized dining venue and is surrounded by spectacular gardens.	<b>\$15*</b> (plus lunch)
TUESDAY 25 <sup>th</sup>	<b>Hahndorf's, Upper Ferntree Gully</b> Join us for a light lunch and delicious handmade chocolates! We'll also call in to the neighbouring community op shop.	<b>\$15*</b> (plus lunch)
FRIDAY 28 <sup>th</sup>	<b>Austral Hotel, Korumburra – <i>Early Start!</i></b> This quaint township in South Gippsland was known for coal mining. Join us to explore the area and dine at the local hotel.	<b>\$15*</b> (plus lunch)

## BOROONDARA BLOKES

MONDAY 24 <sup>th</sup>	<b>Dava Hotel, Mt Martha</b> Water views, good company and a hearty lunch. Seniors Menu available.	<b>\$15*</b> (plus lunch)
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# FOR BOOKINGS CALL 9880 4709

Follow BASScare on Facebook and Instagram for updates on social support activities, outings and our range of services. Simply search BASScareAgedCare, find our profile, and click Follow!

## APRIL Outings

<b>TUESDAY</b> 1 <sup>st</sup>	<b>La Porchetta, Rosebud</b> This venue offers both traditional Italian and lighter meals in a casual setting opposite the waterfront.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 4 <sup>th</sup>	<b>Palace Hotel, Lang Lang</b> Built in 1893, this traditional style hotel offers pub favourites. We'll then head to Aunty's Place Antiques, which offers 6 rooms and a gift shop to explore.	<b>\$15*</b> (plus lunch)
<b>TUESDAY</b> 8 <sup>th</sup>	<b>Pretty Sally Bakehouse, Wallan</b> This stand-alone bakery cafe offers delicious baked goods and handmade sandwiches. We will then enjoy a drive around the local area.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 11 <sup>th</sup>	<b>Como House tour, South Yarra – <i>Active Outing!</i></b> A personalised tour of this stately mansion, built in 1847 with stone and mud. The house was extended in the 1870s with the original gardens largely untouched. A sandwich platter lunch will be prior at the Kinross Cafe, Toorak.	<b>\$51.50*</b> (incl. lunch)
<b>TUESDAY</b> 15 <sup>th</sup>	<b>Benson's Cafe Restaurant, Belgrave</b> Located in beautiful Belgrave, Benson's offers light meals and hearty lunches.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 18 <sup>th</sup>	<b>Public Holiday</b>	
<b>TUESDAY</b> 22 <sup>nd</sup>	<b>The Hatter and the Hare, Bayswater</b> Offering a spin on "Alice in Wonderland", this cafe offers delicious seasonal dishes, light meals and delicious pastries in a bespoke atmosphere.	<b>\$15*</b> (plus lunch)
<b>FRIDAY</b> 25 <sup>th</sup>	<b>Public Holiday</b>	
<b>TUESDAY</b> 29 <sup>th</sup>	<b>Hellenic Museum, Melbourne – <i>Active Outing!</i></b> Enjoy a private tour of the only museum within Australia focused on Greek culture. Showcasing 8000 years of artworks and history, this is a must for those who enjoy classical history. Lunch will be prior at a nearby cafe.	<b>\$27*</b> (plus lunch)

## BOROONDARA BLOKES

<b>MONDAY</b> 7 <sup>th</sup>	<b>Koo Wee Rup Bakery and Op Shop</b> A fantastic day out in Asparagus country! The bakery is famous for its pies while the op shop is like those of yesteryear.	<b>\$15*</b> (plus lunch)
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## SHOPPING TRIP & MOVIES

### MONDAY SHOPPING OUTING

MONDAY  
31<sup>st</sup>  
MARCH

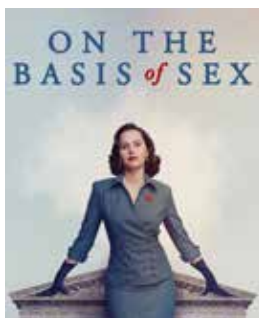
#### DFO Moorabbin – *Early Start & Active Outing!*

Spend the day shopping at this expansive location, home to over 110 stores, offering huge savings off retail prices. Enjoy a relaxing lunch onsite at Romario's Café.

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

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

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



### WEDNESDAY AFTERNOON MOVIES – CANTERBURY CENTRE

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

5th March	<b>The Intern (2015)</b> A seventy-year-old widower (Robert De Niro) discovers that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site.
12th March	<b>An American in Paris (1951)</b> Classic George Gershwin/Gene Kelly musical about three friends living in Paris. Things become complicated when two of them fall in love with the same woman.
19th March	<b>Joy (2024)</b> A young nurse, a visionary scientist and an innovative surgeon face opposition from the church, state, media and medical establishment in their pursuit of the world's first 'test tube baby', Louise Joy Brown.
26th March	<b>Maria (2024)</b> Maria Callas (Angelina Jolie), the world's greatest opera singer, lives the last days of her life in 1970s Paris, as she confronts her identity and life.
2nd April	<b>The Way, My Way (2024)</b> Based on the best-selling Camino memoir, this film documents one man's journey along the Camino de Santiago, searching for meaning, not realising it was right in front of him, one step at a time.
9th April	<b>On the Basis of Sex (2018)</b> Tells the story of Ruth Bader Ginsburg, her struggles for equal rights and the early cases of a historic career that lead to her nomination and confirmation as a U.S. Supreme Court Justice.
16th April	<b>No Film</b>
23rd April	<b>The Children's Train (2024)</b> Set in 1946, seven-year-old Amerigo leaves his impoverished family in Naples to go live with a wealthier family in the North – as part of a postwar initiative to rescue children from poverty.
30th April	<b>No Film</b>



## 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**

**\$10\***

come along and try

**FIRST SESSION FREE**

WEDNESDAY 5 <sup>th</sup> MARCH	<p><b>Tidy Your Wardrobe</b></p> <p>Do you struggle to assemble outfits because of wardrobe clutter? Julie Cliff will help you declutter your wardrobe using the Space and Time Organising System. Learn strategies to organise your clothes, empowering you to create spaces that reflect your style and simplify your life.</p>
WEDNESDAY 12 <sup>th</sup> MARCH	<p><b>Plastics, the Beautiful and the Bad</b></p> <p>We could not live without plastics. They are useful, practical and cheap. However, plastics cause great environmental damage and impact our health in many ways. Learn what plastics do to us and what can be done.</p>
WEDNESDAY 19 <sup>th</sup> MARCH	<p><b>Gene Kelly</b></p> <p>Gene Kelly was an iconic American, famous for his energetic and athletic dancing. He transformed Hollywood's musical genre, making dance accessible to the public. Trish will discuss Gene's life and look at his most famous movie scenes.</p>
WEDNESDAY 26 <sup>th</sup> MARCH	<p><b>Greek Independence Day</b></p> <p>Come celebrate Greek Independence Day. We will explore Greek food, culture, history, landmarks, music, enjoy quiz questions and engage in fun activities to keep our minds active.</p>
WEDNESDAY 2 <sup>nd</sup> APRIL	<p><b>Melbourne Antique Trams</b></p> <p>Barry Gomm presents the fascinating history of public transport in Melbourne. From 1885 with the first cable tram, horse-drawn tramways, introduction of an Eastern Suburbs electric tram in the 1890s, to the network's electrification in 1940.</p>
WEDNESDAY 9 <sup>th</sup> APRIL	<p><b>Alice Anderson</b></p> <p>Mathew will share the story of trailblazer mechanic, Alice Anderson. Alice was fascinated by automobiles and at 21 set up the Alice Anderson Motor Service in Cotham Rd Kew, employing only women. In 1926 she drove to Alice Springs in a Baby Austin and later accidentally shot herself!</p>
WEDNESDAY 16 <sup>th</sup> APRIL	<p><b>Easter Celebrations – Hot Cross Buns</b></p> <p>Hot cross buns are an Easter tradition with origins dating back to 6th Century AD. Learn about their history, flavours from different countries and taste a variety of buns. We'll also explore strange Easter traditions from around the world.</p>
WEDNESDAY 23 <sup>rd</sup> APRIL	<p><b>Expat Life with Holly</b></p> <p>Holly shares her experiences growing up as a 'Third Culture Kid', living in Hong Kong, Malaysia and Fiji. She will discuss the joys and challenges of navigating different cultures, languages and foods.</p>
WEDNESDAY 30 <sup>th</sup> APRIL	<p><b>Rock n Roll 1940s – 1950s</b></p> <p>Chloe and Music Director Glen Barnett return to perform 1940s and 1950s Rock n Roll music. Chloe is a rising star in live theatre and Glenn performs and directs across Melbourne.</p>

## COMMUNITY CENTRES

### Samarinda Community Centre

#### SOCIAL ACTIVITIES AND PROGRAMS

**Line Dancing:** Beginners to Advanced groups.

**Table Tennis:** Test your skills. Have some fun. All levels welcome.

**Zumba Gold:** High energy dance moves to funky music.

**Steady on Your Feet:** Low-impact chair-based exercises with weights and bands.

**Qi Gong:** Coordinated movement, breathing and meditation. A peaceful way to end the week.

**Games Group:** Tackle crosswords or challenge yourself at scrabble.

**Sewing Group:** Bring your skills and learn from others. Machines provided.

**Knitting and Crochet Group:** Patterns and wool are provided.

**Art Hobby Group:** Develop your artistic skills within a supportive environment.

**Man Friday:** Table Tennis, Indoor Bowls and "men's stuff" over a cup of coffee.

**Bingo:** Eyes down every Wednesday afternoon. Prizes to be won.

**Community Lunches:** Enjoy a delicious 3 course lunch in our Community Café.

#### How to book

Email: [social@basscare.org.au](mailto:social@basscare.org.au)

Phone: 9058 6060

Address: 296 High Street, Ashburton

Fun, friendship and fulfillment  
**NEW EXPERIENCES AWAIT!**

#### follow us on SOCIAL MEDIA

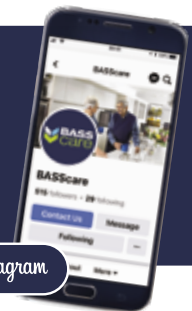
Follow BASScare on Facebook and/or Instagram to see activities and events for BASScare services.

How to:

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

 facebook

 Instagram



### 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)

# 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

**MARCH 28<sup>th</sup>**

## ONE LIFE (2023)

Anthony Hopkins stars in this true story of Sir Nicholas 'Nicky' Winton, whose endeavours on the eve of World War II saved more than 600 children from the hands of the Nazis in Czechoslovakia.



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

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

## FOOTY TIPPING

THE 2025 AFL SEASON IS HERE!

Tips can be submitted in person using the paper forms at the **Canterbury Centre** and **Samarinda Community Centre** or via email to [conochiehall@gmail.com](mailto:conochiehall@gmail.com) or via the ESPN app.

Clients, carers, volunteers and staff are all welcome to join. Entry is free and prizes are up for grabs! Winners in various categories will be announced at September's Footy Lunch.

Register & submit first week tips by

**Wednesday**

March 5<sup>th</sup> 5.00pm

Kick Your Predictions

**FREE**

**INTO VICTORY!**

More information will be available at each Centre



## **\*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 a referral code.

## **Working Bee Afternoon Tea**

**Join us for the May/June newsletter mail out at 1.30pm Wednesday April 23rd 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 \$5\* each way.

Pick up areas for Canterbury Centre include Camberwell, Canterbury, Surrey Hills and Balwyn.

Pick up areas for Samarinda Community Centre include Camberwell, Glen Iris, Ashburton and Ashwood.

**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**

**Canterbury Centre Phone: 9880 4709**

**Samarinda Community Centre Phone: 9058 6060**

**If you have any feedback or suggestions about 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**



Canterbury Centre parking is out front. Please watch parking restrictions.  
Samarinda Community Centre parking is underneath and behind the centre plus street parking.  
North Balwyn Seniors Centre has plenty of parking in the adjacent streets.