

July

Activities Calendar - 2025

Notes

- Transport to and from Balwyn Evergreen available weekdays
- If you're new to Balwyn Evergreen Centre, your first exercise session is FREE
- Activities and programs are subject to change/cancellation at short notice
- *This exercise class is 45 minutes. All other exercise classes are one hour
- ** Please note time change for this class/program



Balwyn Evergreen Centre
 45 Talbot Ave, Balwyn 3103
 Open Mon-Fri 8.30am-4.30pm
(03) 9836 9681
 office@balwynevergreen.org.au

Monday		Tuesday		Wednesday		Thursday		Friday	
		1		2		3		4	
		9.30am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	Gentle Mod Mod	9.30am Men's Exercises *9.30am Movement to Music 11am Senior Divas group 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	Active Active Tailored Mod Gentle	9.45am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	Mod Gentle Mod
7		8		9		10		11	
10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education	Active Mod	**9am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	Gentle Mod Mod	9.30am Men's Exercises *9.30am Movement to Music 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	Active Active Tailored Mod Gentle	9.45am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	Mod Gentle Mod
14		15		16		17		18	
10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education	Active Mod	9.30am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	Gentle Mod Mod	9.30am Men's Exercise *9.30am Movement to Music 11am Senior Divas group 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	Active Active Tailored Mod Gentle	9.45am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	Mod Gentle Mod
21		22		23		24		25	
10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education	Active Mod	9.30am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	Gentle Mod Mod	9.30am Men's Exercises *9.30am Movement to Music 11am Changes in Aged Care Information Session 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	Active Active Tailored Mod Gentle	9.45am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	Mod Gentle Mod
28		29		30		31		LEGEND: Gentle – Gentle/Seated class Mod – Moderate Intensity Active – Active Class Tailored – Customised	
10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education	Active Mod	9.30am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	Gentle Mod Mod	9.30am Men's Exercise *9.30am Movement to Music 11am Senior Divas group 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	Active Active Tailored Mod Gentle		



EVERGREEN CONNECTIONS CAFE & INFORMATION HUB

GRAND OPENING

THURSDAY, AUGUST 7, 2025
FROM 1.30PM-3.30PM

Join us in celebrating our
new community space!
Featuring official welcome
afternoon tea, exercise and line
dancing showcase, live music
and plenty of coffee



RSVP Monday, August 4, 2025
9836 9681 / office@balwynevergreen.org.au

This project was made possible by
the Community Bank Inner East
Community Investment Program
and the City of Boroondara Annual
Community Strengthening Grants



Pilates

AT BALWYN
EVERGREEN

Join our weekly class

Fridays

11am-12pm

If you're new to exercise at Balwyn
Evergreen, your first class is free!



With Jo Morris

'Moderate' class that suits all abilities - go at your own pace
Focus on balance, flexibility and strength
Stay for a cuppa and chat with the group afterwards

Please note: BYO Pilates mats are recommended,
but we do have mats available if needed.

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For bookings or enquiries
call 03 9836 9681 or email
office@balwynevergreen.org.au

www.balwynevergreen.org.au

Allied Health Services

Podiatry and
Physiotherapy
appointments
available with
Balwyn Evergreen.
To find out more
contact the office

Be Connected

Every Australian online

Anything tech
related,
Bo can help.
Book your free
session today!

Supported by the
Australian Government

Reach your exercise goals with Balwyn Evergreen

New to our program?
Come along for a
FREE trial of any of
our exercise classes!



REFER A FRIEND AND EXERCISE FOR FREE!

Share the Evergreen exercise
experience with your friends and
family and have a free class on us!
To redeem simply let Raymond or the
office know and we'll do the rest!

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