

# March Activities Calendar - 2026

**Allied Health at Balwyn Evergreen**  
**Mondays 10am-1pm – Physiotherapy Clinic with Elevate Physio**  
**Fridays 9am-3pm – Podiatry Clinic**  
**Contact the office to arrange an appointment**



**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
<b>2</b> 10.30am Exercise to Music 12pm Strength & Balance <b>1.30pm Digital Training Education</b>	<b>3</b> 8.30am Women’s Cross Training <b>**9am Social Bus Outing</b> 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	<b>4</b> 10.15am Strength Exercise *10.45am Seated Exercise <b>11.30am Line Dancing</b> <b>10am-3pm Supported Lifestyle Program</b>	<b>5</b> <b>**9am Community Bus Outing</b> 9.30am Men’s Exercises *9.30am Movement to Music 11.15am & 1.15pm Gym Sessions <b>1pm-3.30pm Table Tennis</b> 2.30pm Meditation & Yoga	<b>6</b> 9.30am Women’s Cross Training 10am Tai Chi 11am Seated Strength Exercise <b>11.15am Seated Tai Chi</b> <b>10am-3pm Supported Lifestyle Program</b>
<b>9</b> <b>CENTRE CLOSED FOR LABOUR DAY PUBLIC HOLIDAY</b>	<b>10</b> 8.30am Women’s Cross Training <b>9.30am Social Bus Outing</b> 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	<b>11</b> 10.15am Strength Exercise *10.45am Seated Exercise <b>11.30am Line Dancing</b> <b>10am-3pm Supported Lifestyle Program</b>	<b>12</b> 9.30am Men’s Exercises *9.30am Movement to Music <b>11am Senior Divas group</b> 11.15am Gym Session <b>1pm-3.30pm Table Tennis</b> 2.30pm Meditation & Yoga	<b>13</b> 9.30am Women’s Cross Training 10am Tai Chi 11am Seated Strength Exercise <b>11.15am Seated Tai Chi</b> <b>10am-3pm Supported Lifestyle Program</b>
<b>16</b> <b>**9am Premium Bus Outing</b> 10.30am Exercise to Music 12pm Strength & Balance <b>1.30pm Digital Training Education</b>	<b>17</b> 8.30am Women’s Cross Training <b>9.30am Social Bus Outing</b> 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	<b>18</b> 10.15am Strength Exercise *10.45am Seated Exercise <b>11.30am Line Dancing</b> <b>10am-3pm Supported Lifestyle Program</b>	<b>19</b> <b>9.30am Community Bus Outing</b> 9.30am Men’s Exercises *9.30am Movement to Music <b>10.30am-12pm Free Audiology Clinic</b> 11.15am & 1.15pm Gym Sessions <b>1pm-3.30pm Table Tennis</b> 2.30pm Meditation & Yoga	<b>20</b> 9.30am Women’s Cross Training 10am Tai Chi 11am Seated Strength Exercise <b>11.15am Seated Tai Chi</b> <b>10am-3pm Supported Lifestyle Program</b>
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<b>30</b> 10.30am Exercise to Music 12pm Strength & Balance <b>1.30pm Digital Training Education</b>	<b>31</b> 8.30am Women’s Cross Training <b>9.30am Social Bus Outing</b> 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	<b>LEGEND:</b> <b>Gentle – Gentle/Seated class</b> <b>Mod – Moderate Intensity</b> <b>Active – Active Class</b> <b>Tailored – Customised</b>		
<ul style="list-style-type: none"> <li>• Transport to and from Balwyn Evergreen available weekdays</li> <li>• If you’re new to Balwyn Evergreen Centre, your first exercise session is FREE</li> <li>• Activities and programs are subject to change/cancellation at short notice</li> <li>• *This exercise class is 45 minutes. All other classes are one hour</li> <li>• ** Please note time change for this class</li> </ul>				

# FREE COMMUNITY EVENT



# Open Day.

— Sat 28 March, 10am-2pm —  
45 TALBOT AVE, BALWYN 3103



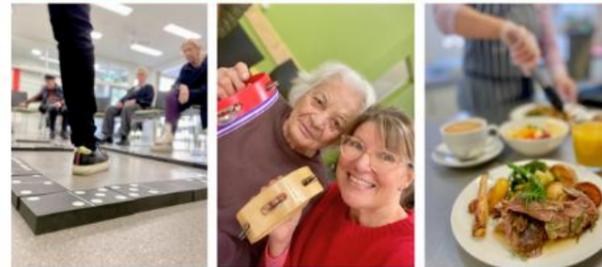
**Exercise Class Demonstrations -  
Live Music - Cake Stall -  
Sausage Sizzle - Kids' Activities -  
Raffle - Market Stalls -  
Community Partner Showcase**

**Take a look around, meet our team, and discover how we've been supporting older people to stay healthy, happy and socially connected since 1958.**

Balwyn Evergreen Centre  
03 9836 9681 / office@balwynevergreen.org.au



## Peace of mind for you, a great day out for them



WEDNESDAYS & FRIDAYS FROM 10AM-3PM

Our Supported Lifestyle Program offers a warm, community-based experience filled with laughter and connections. It's designed for people living at home with mild dementia or cognitive decline who still want to get out and socialise.

### What's included:

- Engaging activities to keep minds and bodies active
- A welcoming community setting, not an institution
- Dementia-trained staff and caring volunteers
- Morning tea, lunch and afternoon tea
- Optional bus transport to and from home

**Balwyn Evergreen is my home away from home.**

Phillip, SLP client

Caring for an ageing parent can be a lot to carry. Finding the right support should feel reassuring, not clinical. Contact us to find out how we can support your family.

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45 Talbot Ave, Balwyn VIC 3103  
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www.balwynevergreen.org.au

For bookings or enquiries  
call 9836 9681 or email  
office@balwynevergreen.org.au  
Follow us:



## Be Connected

Every Australian online

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

Supported by the Australian Government

## Evergreen Connections Cafe & Information Hub

Casual drop-in times:  
Tuesdays and Thursdays from 1pm-4pm  
Bring a gold coin for the coffee machine!

## 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 David or the office know and we'll do the rest!

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