

# EVERGREEN Connections NEWSLETTER



SEPTEMBER 2025

## It's beginning to feel a lot like Spring

### Welcome to the September edition of Evergreen Connections

The new leaves are budding and blossoms are starting to emerge, which means we can think about shaking off our winter coats.

But winter hasn't been without action - we celebrated the launch of our Evergreen Connections Cafe & Information Hub last month, which was a huge success. Check out the round-up on page 2, and jump on our website to view the events gallery.

Our famous High Tea is next month, and we're looking forward to another sold-out event! Check out page 2 for more information, and make sure you book your tickets at the office.

We talk to the always interesting Faye Bornstein for this month's Life Story (page 3), and celebrate Father's Day on page 4.

This month also marks Dementia Awareness Week, which we've done a nod to on page 6, along with the aged care update and the latest segment on Over 50, So What! It's all happening!

As always, we look forward to seeing you soon!

- The Balwyn Evergreen Centre Team

### Collaboration with Swinburne University

We're excited to be partnering with Swinburne University to help improve our overall services. As such, Occupational Therapy students will spend some time here observing our programs. Not only will it help us with new ideas, but it also supports student learning and academic research. If you have any questions or concerns, please talk to Raymond or the office.



## Upcoming Events & Info Sessions

**Aged Care Navigator Pop Up**  
Thursday, September 11  
11am-3pm

Meet Helen Craddock, the new Aged Care Navigator with City of Boroondara. Helen will be in the café ready to chat about aged care services. More info about this service on page 6.

**Play Reading in the Café**  
Thursday, September 18  
2.30pm-4pm

Jo Campbell, our line dancing instructor, is hosting a play reading session in the café. If you'd like to join, please let Jo or the office know.

**Chatty Café**  
Thursday, September 25  
1pm-2pm

Drop in for a chat and a coffee in the café at our first Chatty Café session. Everyone is welcome.



The coffee machine is free to use for Balwyn Evergreen clients as part of their usual activities. Outside of activity times and for the general public, please help keep us stay caffeinated with a gold coin donation.

## Desperately seeking community drivers

Be part of something great as a volunteer driver at Balwyn Evergreen Centre. Our transport service is critical for our clients to access our activities and programs.

As a driver, you get to be part of the action and make a genuine difference in the lives of older people.

We need drivers to fill half-day or full-day shifts. Please note, full training and ongoing support are provided.

**If you're keen to join our volunteering team, please contact our volunteer coordinator.**



**Balwyn Evergreen Centre**  
45 Talbot Ave, Balwyn VIC 3103  
Open Mon-Fri 8.30am-4.30pm

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

# NEWS CORNER

Updates From the Balwyn Evergreen Centre Community

## Victorian Seniors Festival - Connect, Create and Celebrate in October

It's almost that time of year again... The Victorian Seniors Festival! And what better way to celebrate our community than with our famous High Tea!

The event is on Wednesday, October 8, from 1pm to 4pm, with a delicious afternoon tea of sweet and savoury treats.

The fabulous Dame Cara Lynn (pictured right) is back to entertain us with her jaunt repertoire of songs from the 40s, 50s and 60s.

There will also be a raffle with a great selection of prizes and some welcoming words from our special guests.

We're looking forward to another wonderful event, full of fun, laughter and friendship.

**Victorian  
Seniors  
Festival  
2025**



## High Tea at Evergreen

**Wednesday, October 8**

**From 1pm-4pm**

**Tickets: \$25 per person -  
must be pre-purchased**

**RSVP: Friday, October 3**



## Get online week

To mark Get Online Week, from October 20-26, we'll be running a few extra digital literacy sessions in the Evergreen Connection Café & Information Hub. This is in conjunction with our Be Connected program, run by our resident tech whizz, Bo. Stay tuned for more information!

## Our café is officially launched

We had an amazing turnout at the launch of our Evergreen Connections Café & Information Hub last month.

Highlights were definitely our cherished centenarian, Ruth, who christened the coffee machine, and our line dancing group, who showed off their moves and got our VIPs involved.

Thank you to Mayor Sophie Torney, MP for Kooyong Dr Monique Ryan, and Community Bank Inner East Senior Manager Maggie Stamoulis for their warm words.

The food was a hit - thank you to The Boulevard Food Store for the sandwiches, brownies and muffins, Fruit Nest for the fresh fruit and our baking volunteers for the delicious cookies and slices.

Of course, to our staff and volunteers for ensuring everything ran smoothly.

The café is all about making connections, and this event showed the magic of that, so thank you to everyone who came along to enjoy the space.

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



## Café timetable for your diary

The Evergreen Connections Cafe & Information Hub is open for casual drop-ins on:

**Tuesday 1pm-4pm**

**Thursday 1pm-4pm**

The cafe is open during these times for clients and the community to enjoy the space and run their own groups from. Balwyn Evergreen will also host ad hoc information sessions, digital literacy and aged care updates during these times - keep an eye on the newsletter and activities calendar for updates.

The coffee machine is free to use for Balwyn Evergreen clients as part of their usual activities. Outside of activity times and for the general public, please help keep us caffeinated with a gold coin donation.



# LIFE STORIES

Tales From Our Community

Our series, Life Stories, allows us to celebrate the people of Balwyn Evergreen Centre and share their incredible stories with you.

They say life imitates art, and for **Faye Bornstein**, it's an inspiration. She shares her interesting story with us.

## A special educator

Helping, guiding and educating come naturally to Faye Bornstein, who's made a life out of connecting with people. Born to immigrant parents, Faye Bornstein grew up as the third eldest of seven children. Her father was a fruitier and her mother stayed at home. "It was not an easy childhood. I had to help dad in the fruit shop by age 10," she says.

The family moved from North Fitzroy to East Hawthorn when Faye was aged 10, and she completed her primary schooling at Auburn South – a school she'd later work at as a student teacher and teacher. Faye wanted to attend art school, but instead went to teachers' college because the tuition was free. She worked as a primary school teacher in mainstream schools for about 10 years.

During that time, she noticed that children with learning and behavioural issues weren't receiving enough help, so she decided to return to study for a graduate diploma in special education.

"My experiences in special ed were unbelievable, strange, special and educational," she says.

Faye worked in several special schools during her career, including the Social Adjustment Centre, which had classrooms in a regular school with up to six 'naughty boys'. The special ed team helped the boys improve academically, socially and behaviourally, then integrated them back into mainstream school.

"The kids would have individual learning programs and social skills to work on. It was like a miracle with some of them," she says.

Faye was also part of a group of special ed teachers stationed at Greythorn Primary that would go out and assess kids at surrounding schools. She worked in the sector for about 12 years, but it changed when the Department of Education wanted special ed teachers to return to the classroom to cut costs.

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"All the special ed places I taught at are now gone."

From there, she moved into the private sector, assessing children in a clinic. After retiring, she volunteered at the local primary school and at the Austin Hospital in the child and adolescent psychiatric unit.

Faye has three children and six grandchildren, whom she loves spending time with.

## Art and life

"I've done art ever since I can remember," Faye says.

Pottery is her main medium, and all her work is hand-built and fired in her home kiln.

Faye says she "likes the earthiness" of pottery and enjoys finding the unique personality in each piece she creates. Her works are a mix of form and function and range from platters to figurines. One such piece is a striking lion's face that has a primordial presence. Faye calls him 'Leo' and keeps him close by.

"If you're an artist, everything you do is affected by your life." Because of the unique and personal nature of her work, Faye says she finds it difficult to part with her art. But she has had several exhibitions over the years, including one with three of her siblings. Instead, she creates art for pleasure and as a creative outlet.

To enrich her work, she studied glazing and enjoys participating in workshops on pottery and life drawing. According to her artist bio, Faye's work "expresses the fate of many women plus the oneness of people throughout the ages."

## Evergreen connections

Faye found Balwyn Evergreen online and attends a weekly Exercise to Music class.

"I love going there. The atmosphere is good, and the ladies in the group are gorgeous."

She also has an interest in yoga and attends classes at U3A Nunawading. But in terms of fitting in, Faye says Evergreen is where the heart is.

"Evergreen is just so friendly, I feel right at home."

# HEALTH & WELLBEING

Healthy Ageing with Balwyn Evergreen Centre

## Celebrating Father's Day with mates

At Balwyn Evergreen, we know that for many men, mateship is more than a shared laugh or a pat on the back – it's a lifeline. This Father's Day, we're highlighting how our men's exercise classes keep bodies moving and strengthen the mental health and resilience of local fathers, grandfathers and mates.

At a time when loneliness and mental health challenges are increasingly part of the conversation, Balwyn Evergreen's

exercise sessions have become a regular meeting ground where men can connect, talk and look out for one another.

The camaraderie built in the exercise rooms often extends well beyond the class - into coffee catch-ups, walking groups and friendships that help weather life's ups and downs.

"It's a very well-run class – good exercise, varied and structured to use all your muscles," says Tom Sallai, 86, who has been attending for more than 10 years.

"The camaraderie is also excellent. There are five of us from Kew Golf Club, and we have known each other a long time. We share a coffee and a snack afterwards – it's so friendly."

Tina Hogarth-Clarke, CEO Balwyn Evergreen Centre, says the ripple effect of these connections is significant.

"When men feel connected, they are more likely to speak up when something's wrong and to listen when a mate needs them," Tina says.

"Our classes are as much about mental fitness as physical strength. This Father's Day, we want to celebrate the role mateship plays in helping men stay well, supported and engaged in their community."

The program's success lies in its mix of movement, humour and genuine connection. Whether it's encouraging each other to push through a final set or checking in on someone who has been unwell, the shared commitment builds trust and belonging.

Balwyn Evergreen's men's exercise class runs every Thursday and is open to men of all fitness levels. The sessions are led by experienced instructor Tom, who ensures the focus remains on fitness, camaraderie and creating an environment where everyone feels welcome and supported.

This Father's Day, Balwyn Evergreen invites local men to take the first step towards stronger health, both physical and mental and discover the mateship that awaits!

**To find out more about our Men's Exercise group, please contact the office. And if you're new to exercise at Balwyn Evergreen, your first class is free.**



Tom Sallai from our Men's Exercise Group

## FOOD FOR THOUGHT

with Ruby Cheung

Recent research has found a possible connection between eating a lot of ultra-processed foods (UPF) and an increased risk of developing Parkinson's disease.



The study followed over 40,000 people for 26 years, looking at their diet and overall health. It found that people who didn't have Parkinson's at the start but ate more processed foods were more likely to show early signs of the disease later on. People who consumed around 11 servings of UPFs per day were found to be 2.5 times more likely to develop three or more early signs of Parkinson's disease compared to those who ate the least amount of UPF. In the study, just one serving of UPF was defined as 225g of soda, one hot dog or a slice of packaged cake. Some of these early symptoms include a reduced sense of smell, changes in colour vision, sleep problems, feeling unusually tired during the day, low mood or depression, body pain, and constipation. While more research is needed, these findings are a good reminder of the importance of a healthy, balanced diet that focuses on fresh, less-processed foods. Looking after our nutrition is one way we can support brain and body health as we age.

**Ruby Cheung is a registered nutritionist who has a Master's in Nutrition and Population Health. Along with contributing to our newsletter, she's also an Evergreen Connections volunteer visitor and was our Men's Kitchen Class facilitator.**

## Hearing clinic update

Thank you to those clients who took the opportunity to get a free hearing check with Weicen Yan from NeuroHearing.

If you missed out, don't worry - we plan to run another hearing clinic later in the year. Stay tuned for new times and dates.



# DAY TRIPS

## Tuesday Bus Outings

### Enjoy a day out with friends

Our Evergreen Ramblers Program takes you on a tour around Melbourne's outer metropolitan area every Tuesday. Discover or revisit lovely suburbs and townships, stopping to enjoy lunch together at an eatery that we've hand-picked for you. Transport is in our iconic minibus, with pick up and drop off at your doorstep, so all you need to do is get comfortable and enjoy the ride.

**Bookings essential - please call/email to save your seat**

- Pick up from 9.30am (unless stated)
- Drop off at about 4pm
- Bus cost: \$28 (CHSP assessed + approved), \$36 non-assessed
- Lunch and tours additional cost (POA)
- Let us know if you have a food allergy or special dietary requirements
- Outings require a minimum of six people to go ahead

### September Outings

#### Tuesday, September 2

##### **CROYDON:** The Full Pantry

Make sure you bring your reusable bags because we're heading to the bulk wholefoods supplier, The Full Pantry in Croydon. Their mantra is to reduce the use of plastic while making healthy eating both affordable and accessible. Lunch is at the on-site cafe,

#### Tuesday, September 9

##### **CBD:** ANZ Museum Tour **Early Start 9am**

We're in for a treat today with a FREE tour of the ANZ Museum in the city. This stunning Gothic Bank has been breathtakingly restored and is a fitting tribute to Melbourne's origins. It now houses an ANZ specialist hub, alongside a museum that charts the storied history of ANZ and the iconic site. Lunch is at the Royal Standard Hotel.

#### Tuesday, September 16

##### **WERRIBEE:** Gigi and Grace

One of the newest additions to Werribee's foodie haunts is today's lunch destination, Gigi and Grace. With a flavour-focused menu, this light and bright venue is a fantastic spot to enjoy a tasty cafe meal. Werribee is an interesting spot that we'll take a look at during our drive, and, of course, find somewhere picturesque for morning tea.

#### Tuesday, September 23

##### **AIRPORT WEST:** Roasting Warehouse

For something a bit different, we're heading to a working coffee roasting warehouse in the industrial precinct in Airport West. It's a great opportunity to see how the process of roasting coffee works up close. Lunch is at the cafe on-site, where you can enjoy a freshly brewed, house-roasted coffee. An all-day brunch is also a menu highlight.

#### Tuesday, September 30

##### **GREENSBOROUGH:** Greensborough RSL

It wouldn't be a Balwyn Evergreen outing without a trip to an RSL. This week, it's the Greensborough RSL that gets to host our social group. In true RSL fashion, the menu is comprehensive with a dedicated selection for seniors. This trip is another great opportunity to spend quality time with friends.

### Special Outing Event

## Out and about...

A snapshot of our recent outings

Voula and her delicious home-made Greek biscuits are always a hit at the morning tea stop. Below, Roger checks out Ned Kelly's house in Beveridge.



### Outings newsletter - plan your next trip

If you'd like a copy of the extended Outings Newsletter, which gives you a sneak peek up to October 2025, please contact [elise.walle@balwynevergreen.org.au](mailto:elise.walle@balwynevergreen.org.au).

## Dementia - We're all in this together

"Nobody can do it alone" is the theme of Dementia Action Week, from September 15-21.

The week is an initiative of Dementia Australia which aims to highlight that Dementia doesn't just impact the person living with the condition and their immediate carers; it also impacts their friends, family and wider social network. At Balwyn Evergreen, we think this is a great opportunity to learn a little more about dementia and how we can make our communities more inclusive and supportive.

Our Supported Lifestyle Program caters specifically for people with mild dementia or cognitive impairment. It provides crucial social support, ensuring our clients remain connected to their community.

**To find out more about this program, please contact the office.**



## Health is your wealth

Our Exercise to Music group knows the benefits of regular movement and social connections. This Women's Health Week (Sept 1-5) 'Say Yes to You' and add an exercise class to your routine - it's one of the best investments you'll make. For more information about our exercise programs, talk to Raymond or the office.

## AGED CARE UPDATE

### Moving to registered supporter relationships

From 1 November 2025, the registered supporter role in the new Aged Care Act will replace the existing regular and authorised representative relationships in My Aged Care.

A registered supporter is usually a family member who has been authorised by the older person to act on their behalf with MAC.

Regular representatives who are active in MAC on October 31 will automatically become registered supporters on November 1.

However, if either doesn't want to transition to a supporter relationship, they can opt out at any time before November 1. The Department has put together some case studies to explain the support relationship and how it will work.

Scan the QR code to view or visit: [health.gov.au](https://health.gov.au).



## Meet the council's new Aged Care Navigator

We're excited to host Helen Craddock, the council's new Aged Care Navigator, at a pop-up in our Evergreen Connections Cafe & Information Hub on Thursday, September 11, from 11am-3pm.

The Aged Care Navigation service offers free, confidential support to help people aged 65 and over or Aboriginal and Torres Strait Islander people aged 50 and over access services through My Aged Care. These services can help you stay safe and supported at home for longer.

The Aged Care Navigator can:

- Explain how My Aged Care works and who is eligible
- Assist with registration or reassessment
- Help you access government-funded services
- Connect you with local supports and social activities
- Give you clear information and resources so you can understand your options.

**Drop in any time between 11am and 3pm and have a chat with Helen. This is a great opportunity to have a casual chat and coffee.**

## Spotlight on connections

The latest episode of Over 50, So What has dropped, and it features our Evergreen Connections Cafe & Information Hub and our Evergreen Connections Visitor Program. That's a lot of connections jammed into one short segment.

As always, a huge thank you to Carol O'Halloran and her team for taking the time to visit and chat with us. It's a privilege to be able to share our stories.

To view the segment, scan the QR code, or jump on YouTube, Facebook or Instagram and search 'Over 50, So What!'





# EXERCISE & SOCIALISE

at Balwyn Evergreen Centre

Join our popular classes, led by dedicated instructors, and enjoy a social morning or afternoon tea with your group and trainer afterwards.

If you're new to exercise with us, your first class is FREE!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10.30am</b> Exercise to Music with Jo G	<b>9.30am</b> Challenge Your Balance with Denise	<b>10.15am</b> Seated Strength Exercise with Raymond	<b>9.30am</b> Men's Exercise with Tom	<b>10am</b> Tai Chi with Lilei
<b>12pm</b> Seated Strength Exercise with Raymond	<b>11.30am</b> Seated Exercise to Music with Jo M	<b>10.15am</b> Strength Exercise with Tom	<b>9.30am</b> Movement to Music with Jo M <b>**45 minute class**</b>	<b>11am</b> Seated Strength Exercise with Yanmei
	<b>1.45pm</b> Seated Strength Exercise with Raymond	<b>11.30am</b> Line Dancing with Jo C	<b>1pm-3.30pm</b> Table Tennis self run	<b>11am</b> Pilates with Jo M
	<b>1.45pm</b> Strength Exercise with Tom		<b>2.30pm</b> Meditation & Yoga with Elizabeth	

## Legend

Gentle

Moderate

Active

## Cost of Group Classes

\$12 CHSP assessed and approved

\$16 non assessed

Meet our team of qualified trainers who bring a wealth of experience and expertise to our exercise programs.

They're always on hand for a chat to discuss your requirements and goals.

**For more information, please contact our Exercise Coordinator, Raymond.**



Raymond K



Denise Mokasdi

## Evergreen Gym Studio + Personal Training

### Small Group Circuit Sessions

Thursdays 11am & 1.15pm (45 mins)

### Personal Training

Contact Raymond to arrange day/time

## Notes

- Please check the online Activities Calendar for any timetable changes
- Refer a friend to an exercise class and your next class is free
- Make sure you wear appropriate sneakers. Sandals are not permitted

## Falls Prevention Program

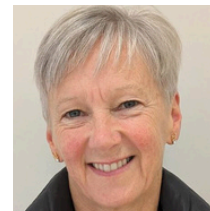
A 12-week progression program improve strength, balance and flexibility.

- 40-minute classes
- six people max per session
- With Elevate Physiotherapists

Talk to Raymond about joining the next round.



Yanmei Chen



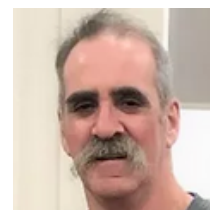
Jo Morris



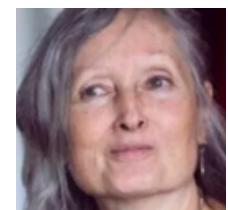
Jo Golds



Lilei Enright



Tom Scott



Elizabeth Mackenzie

# WHAT'S HAPPENING

## Thanks for your service

Last month, the Board of Balwyn Evergreen farewelled two valued board members, Marilyn Poole and Melrick Dias. Marilyn has served on our board for 20 years since 2005, and Melrick since 2022. We thank them sincerely for their unwavering support and contributions towards our vision of a community where older people have choice, wellbeing and independence, and wish them both well with their future endeavours.



## Support our work with a donation



As a not-for-profit organisation and registered charity, we rely on donations from our community to keep the wheels at Balwyn Evergreen turning. If you're able to, please consider making a donation – all contributions go towards supporting the delivery of our programs and services that, in turn, support our community. Donations over \$2 are tax deductible and an official receipt will be provided. Thanks for your support!

## Transport policy

As a reminder, we require written or verbal notification of cancellation of our local transport and outing services by 9am on the day of the booking. Failure to notify us will incur the full one-way pick-up fee of \$10 in zone or \$15 out of zone.

**Any questions, please contact the office or talk to your program coordinator.**

## Join our mailing list

Enjoy our newsletter online by signing up to our mailing list either by contacting the office or on our website!

## CYBER SNIPPETS

with Bo Cui

In June this year, Google confirmed scammers had stolen Gmail data, which has led to a reported surge in phishing emails, fake phone calls, and fraudulent text messages.



### Ways we can protect ourselves

- Strengthen account security by updating it with a unique, strong password.
- Enable multi-factor authentication for phishing-resistant logins.
- Verify suspicious emails claiming to be from Google. You can upload them to ScamWatch to confirm if they're fake!
- Consider switching to passkeys, which use fingerprint or face recognition. You can also run a Google Security Checkup, which reviews account protections and highlights additional safeguards you can activate.

If you need help, give us a call!

**Bo Cui is the Operations Lead at Balwyn Evergreen and also our resident tech whizz. He runs the Be Connected digital training program that offers one-to-one sessions on whatever tech problems are irking you.**

**To book with Bo, please contact the office.**

## Heading away? send us a text!



You can now contact us by text message to let us know of any illness or planned absences. Make sure you include your name and relevant details. This is a text-only service, please don't call this number. If you'd like us to call you back, please state this in the message.

**Mobile: 0451 516 079**

## AC number collection

Don't forget to provide your Aged Care (AC) Number to the office. This is your unique identifying number assigned by My Aged Care and on all correspondence. With changes to aged care, we are required to collect and store your AC Number on file.



## Hire our space for your next event

Balwyn Evergreen has had a spectacular facelift, and our revamped spaces are available for hire! Whether you're looking to host a one-off event or find a new home for a regular group, our versatile rooms could be the answer to your 'where can I find a great venue?' problem.

**For more information and to arrange a tour, contact [hire@balwynevergreen.org.au](mailto:hire@balwynevergreen.org.au).**

## Connect with us



@balwyn\_evergreen



'Balwyn Evergreen Centre'



'Balwyn Evergreen Centre'