

JUNE 2026

Hunkering down with friends for winter

Welcome to the June edition of Evergreen Connections

We're nearly mid-way through the year, and honestly, it feels like we're just getting going! But that's the thing about our community, there's always something or someone to keep you entertained and engaged, meaning time just flies. Also, it's officially the first of winter, which means fighting the urge to hibernate. It's important not to lose momentum with your activities and classes, not only for yourself, but also for us, because we love seeing our people and we miss you when you're not here.

On the topic of momentum, we're not losing any ourselves, with plenty going on across the board. Registrations are now open for our Falls Prevention Program (page 4), and we highlight Men's Health Week (page 6). There's an important update on our prices (page 2), plus a lovely tribute to our volunteers (page 3).

As always, we look forward to seeing you soon!

- The Balwyn Evergreen Centre Team

Update on changes to exercise times and names...

You'll notice that we've made some slight changes to the names of some of our exercise classes to ensure the class is accurately described. Rest assured, the change is in name only, and the content of your class remains the same. To accommodate our Falls Prevention Program, we've had to adjust the times of some of our Wednesday classes. Seated Exercise with Baylee is now at 11am, and Line Dancing will start at 11.45am from June 24. All changes are on the Activities Calendar, both hard copy and online. Any questions, please talk to Baylee or contact the office.

Events & Info Sessions

Planning Ahead with Seniors Rights Victoria

Thursday, June 4
from 11.30am-1pm

Learn about financial and personal enduring powers of attorney, and medical treatment decision making and advance care plan in this comprehensive and interactive workshop-style session. Includes morning tea!

Aged Care Navigator Sessions

Tuesday, July 7
9am-12pm

Have a free chat about all things aged care with council's Aged Care Navigator. Book your 20 minute session at the office. Sessions to be held bi-monthly at Balwyn Evergreen.

All events and information sessions are free to attend unless stated otherwise. Please book your spot with the office and check in with the office upon arrival.



A day trip down memory lane

Our outings crew is always up for a group photo! This one was taken on a recent trip to Officer, in Melbourne's south-east. The group enjoyed a pub lunch and some nuggets of information from Raymond, who knows a thing or two about the area.

Our day trips offer a relaxed way to meet new people and get out and about.

To find out more about our extended Outings Program, please contact the office.



NEWS CORNER

Updates From the Balwyn Evergreen Community

Update on upcoming price adjustments

**By Balwyn Evergreen CEO
Tina Hogarth-Clarke**

With the 2025-26 financial year ending, it's time to review our services to ensure our prices reflect what it costs us to deliver them. This takes into consideration CPI increases, annual rental increases and wage increases in line with our award.

You may recall that the Federal Government implemented significant changes to the Aged Care Act in November 2025, which have impacted how we deliver services to clients on a Support at Home package. In May-June 2025, we were asked to set prices and ensure they reflected the true cost of delivery per hour, which included staff wages, activity costs, overheads and administration. We made an educated guess based on the information we had at the time. In some instances, we got it right, and in others, we were way off the mark, which is why some prices are impacted more than others.

I am pleased to say the subsidies we receive for services we provide under the Commonwealth Home Support Program (CHSP) have increased to support wage increases under our award. Those of you with referral codes for CHSP services will notice most of our prices will remain the same, with only a small adjustment for services that include lunch to account for food costs. If you are paying privately for our services, one of our team members will contact you to discuss your options, which may include helping you to sign up for My Aged Care.

New prices will commence on July 1, 2026. Clients who use their Support at Home funds will see a big difference in many of our services. Your providers will be informed shortly of our new prices, which will come into effect in August 2026. We understand this is a bit to take in, so if you have any questions or concerns, please get in touch.



Getting social with SLP

Our Supported Lifestyle Program is all about keeping social connections firing for people with mild dementia or some cognitive decline. And we're about to get a lot more social by hosting a weekly Chatty Cafe table in our Evergreen Connections Cafe for people who might like to get a taste of what the SLP has to offer. We plan to launch this from next month, so keep an eye on the newsletter and activities calendar or contact Raymond for more details.

Don't miss this Free information session: Planning Ahead

We're excited to host a FREE Planning Ahead information session on Thursday, June 4, in partnership with Seniors Rights Victoria (SRV).

This interactive session will cover:

- Financial and Personal Enduring Powers of Attorney, plus
- Medical Treatment Decision Making and Advanced Care Plan

This will be a workshop-style session with lots of discussion and sharing of ideas.

Because the session runs over lunch, we're also including a light lunch!

SRV provides free information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older people.

***This session is on Thursday, June 4 from 11.30am-1pm.
Please RSVP to the office.***

World Elder Abuse Awareness Day (WEAAD)

WEAAD is celebrated each year on June 15, globally, providing an opportunity for communities to stand together against the abuse, mistreatment and neglect of older people.

To get involved in WEAAD activities across Eastern Melbourne that promote respect, dignity, safety and inclusion for older people, visit: <https://eclc.org.au/eean/weaad/>



**JUNE 15
WORLD ELDER ABUSE
AWARENESS DAY**

SPOTLIGHT

National Volunteer Week

Toasting our volunteers with a flourish

Last month's National Volunteer Week gave us the perfect excuse to get creative with our volunteers, with a Paint and Sip event. This fun activity unveiled some hidden talents and lots of banter. It was lovely to spend time together and also get to know one another, as people don't often cross paths during their different shifts. Volunteer Coordinator Tania Kennington gave a rousing introduction, then everyone set to work on their masterpieces. We didn't quite have enough time to finish, so we'll have to come back to you with the final results, but we can say some great artistic skills are hiding in plain sight. Once again, thanks to our volunteers for making Balwyn Evergreen the wonderful place it is for both the clients and the staff. Without you, we wouldn't exist - from driving buses to baking biscuits, every role matters and makes our mission to provide social support to older people in the community possible. Once again, thank you, and we look forward to the next event!



Celebrating with Boroondara

We had a great time attending the Volunteer of the Year Awards last month, hosted by the Boroondara Volunteer Resource Centre and held in the palatial Hawthorn Arts Centre.

Congratulations to this year's winners! It's always great to see all the wonderful things volunteers are doing across our community.

We'd also like to say a separate thanks to Jess Wilson MP for Kew and her staff for hosting a special get-together to acknowledge volunteers, which was held in her offices. This was a lovely, informal nod to all the work that volunteers do.

HEALTH & WELLBEING

Healthy Ageing with Balwyn Evergreen

Falls Prevention Program starting late June

Our recent information session about our proposed Falls and Balance Program had an excellent response! It was encouraging to see so many people keen to put their health first!



We're now taking bookings for the course and need a minimum of six clients for it to go ahead.

Sessions will run on **Wednesdays from 9.30am-10.30am**, beginning on June 24.

Because there was also interest in an afternoon session, we're adding **Monday from 2pm-3pm beginning June 22** to the mix. Again, we need six clients to make this session happen.

Why should you join our Falls and Balance Program?

Because this 10-week course is packed with valuable information, practical exercises, ongoing support, plus pre- and post-assessments to measure your progress, and all under the guidance of our resident Accredited Exercise Physiologist, Baylee.

And because exercise needs to be done more than once a week, we're throwing in a Tai Chi or Seated Tai Chi class for FREE.

All this for an introductory rate of \$12 CHSP assessed and approved or \$40 non assessed/support at home per class. Payment is upfront and in full before the start date.

For more information and to register, please talk to Baylee or contact the office.

Expression of Interest: Hydrotherapy class

We're taking expressions of interest for a possible Hydrotherapy class that would run at a partnering leisure centre.

Hydrotherapy is a low-impact form of exercise performed in a heated pool under the guidance of our Exercise Physiologist, Baylee.

The support of the water helps to reduce pressure on joints, making movement safer and more comfortable for older people.

Hydrotherapy can assist with improving strength, balance, mobility, fitness, and confidence with movement, while also helping to reduce pain and stiffness associated with chronic conditions such as arthritis.

Programs may be offered as:

- Small group classes in a supportive social environment
- Personalised programs tailored to individual goals and health needs

Sessions may include gentle movement, walking, balance, strength, and mobility exercises that are suitable for a range of fitness levels.

For more information and to add your name to the waitlist, please contact the office or talk to Baylee.

FOOD FOR THOUGHT

with Ruby Cheung



Hello, my friends. As we age, our skin naturally becomes drier, thinner, and more delicate.

The food and drink we consume every day can play a big part in keeping our skin clear, healthy and comfortable.

Healthy fats found in salmon, avocado, walnuts, and chia seeds help support the skin's natural barrier and retain moisture.

Protein is also essential for skin repair and healing, so include foods such as eggs, lean meat, lentils, tofu, and yogurt in your daily meals.

Staying hydrated is equally important, especially as older people may not always feel thirsty. Drinking enough water and enjoying water-rich foods such as watermelon, cucumber, soups, and herbal teas can help reduce dryness and itching.

Limiting sugary snacks, fried food, and heavily processed food can also reduce the inflammation that can worsen skin conditions such as eczema or psoriasis.

Finally, colourful fruits and vegetables rich in antioxidants - including berries, spinach, tomatoes, and sweet potatoes - help to protect the skin from ageing and to support collagen production. Small daily dietary choices can make a big difference to skin health and overall wellbeing.

Ruby Cheung is a registered nutritionist who has a Master's in Nutrition and Population Health who has been volunteering with Balwyn Evergreen for several years.

Before making any significant dietary changes or if you are worried about your health, please consult your doctor.

DAY TRIPS

A Month's Worth of Bus Outings

Enjoy a day out with friends

Keep your social connections strong with Balwyn Evergreen's popular Outings Program, for people aged 65+ who are up for new experiences.

Bookings essential - please contact 9836 9681 or office@balwynevergreen.org.au.

Ask us about the extended Outings Newsletter, which gives you a sneak peek up to October 2026.

Weekly Social Outings

Enjoy a day out with friends as part of our weekly Outings Crew!

Tuesday, June 2

ALTONA: Altona Sports Club

We're heading west today to the bayside suburb of Altona. At just 13km from the CBD, Altona offers coastal living with a cosmopolitan flair. Lunch is at the local sports club, which has a fantastic outlook over the water and even better menu selection.

Tuesday, June 9

YARRA GLEN: Yarra Glen Grand Hotel

There's nothing better than a trip to the Yarra Valley with its country charm and rolling hills. Lunch today is at the Grand Hotel, which lives up to its name as a looming historic building on the main street. It features modern food and a cosy atmosphere.

Tuesday, June 16

BACCHUS MARSH: The Royal Hotel

Set 50km north-west of the CBD, Bacchus Marsh is an important food-producing area with a rich history, which has much to offer curious visitors. And there's no better way to get to know a town than lunch at the local pub.

Tuesday, June 23

CRAGIEBURN: Highlands Hotel

We're in for a treat today with the International Buffet at the Highlands Hotel. Catch up with friends in the palatial surroundings while enjoying a selection of cuisines.

COST: \$27.90 for seniors

Tuesday, June 30

FRANKSTON: The Cheeky Squire

We're getting our dose of sea air today as we enjoy a trip to the Frankston foreshore. We'll enjoy lunch at The Cheeky Squire, which has a superb selection of modern Australian favourites.

- Pick up from 9.30am (unless otherwise stated)
- Drop off around 4pm
- **COST: \$28 (CHSP assessed + approved), \$36 non-assessed. Lunch and tours are an additional cost**
- Please advise of food allergies or dietary requirements
- Outings require a minimum of six people to go ahead
- Failure to notify of cancellation of booking by 9am on the day of will incur a cancellation fee

Fortnightly Community Outings

For people who enjoy active and engaging experiences beyond our Tuesday offerings.

Thursday, May 14

ROYAL EXHIBITION BUILDING TOUR

Don't miss the chance to explore Australia's first World Heritage-listed building, built in 1880. The guided tour allows visitors to experience the significant history and stunning craftsmanship of this landmark.

TOUR: \$23 for seniors

Thursday, June 25

FIRE SERVICES MUSEUM

The Fire Services Museum of Victoria showcases Australia's largest collection of firefighting memorabilia, including operational vintage trucks. Located in the original headquarters of the fire brigade, this museum offers a window into the lives of Melbourne's firefighters.

Lunch is at the Postmaster Hotel.

MUSEUM ENTRY: \$10

Monthly Premium Outing

Treat yourself to something extra special with our monthly Premium Outing option!

Monday, June 15

OLD MELBOURNE GOAL

Wander through this National Trust site during an eerie and informative self-guided tour. Find out what life was like for the people who lived and died there. Lunch is at Universal Restaurant on Lygon St.

ENTRY: \$30 concession + \$5 for optional interactive tour.

Free entry for National Trust members

Showing up for Men's Health Week

We all have to start somewhere, which is why, for Men's Health Week (June 9-14), we're encouraging men to take one simple but powerful step for their wellbeing - show up.

For some, that could mean joining an exercise class. For others, it may be staying for a cuppa, joining a social outing, volunteering, sharing a meal or walking through the door for the first time.

Men's Exercise Class regular Peter Waddick says being part of Balwyn Evergreen has given him a reason to stay active.

"You feel better when you make the effort. It is not always about doing something big. Sometimes it is just turning up, doing a class, having a chat and knowing you are part of the group."

Peter said the friendships formed through regular activities were an important part of the experience.

"I have been coming to Balwyn Evergreen Centre for both the exercise classes and balance classes for around eight years. I get so much out of the classes and rarely miss a class all year."

Men's Health Week is an important reminder that wellbeing is often strengthened through routine, movement and community. Showing up gives people structure, movement, familiar faces and a reason to stay engaged.

It's also a prompt for families, friends and neighbours to encourage the men in their lives to stay connected before loneliness or health concerns become harder to manage.

For Peter, the reason is simple: "There is a lot of good humour and support here."

The Men's Strength Exercise runs on Thursdays from 9.30am-10.30am. For more information, please contact the office.



Farewell to our fabulous ACVVS volunteers

Sadly, it's time to say goodbye to our Aged Care Volunteer Visitor Scheme (ACVVS) volunteers who are continuing their volunteering journey with new providers. We want to say a huge thank you for taking the time to brighten someone's day. We've had the privilege of meeting so many wonderful volunteers who have reminded us of what a caring and supportive community we live in.

We've loved sharing stories about the friendships that have grown through this program, and we're proud to have been able to provide this service to our community. Once again, thanks for your generosity, and we hope to see you again soon.

Thanks for your support!

Thank you to everyone who chipped in for our Collecting Coins for Cancer Council tin rattle, as part of The Biggest Morning Tea. We raised \$85.50, which we'll go ahead and round up to \$100. This annual appeal helps Cancer Council raise funds for cancer research, support, prevention programs, and advocacy. Once again, thanks for your support – every bit helps!

Aged Care Navigation times

Book a time to meet with Council's Aged Care Navigator at Balwyn Evergreen on:

- **Tuesday, July 7, from 9am-12pm**

You can book your 20-minute appointment with the office. For more information about this service, visit

boroondara.vic.gov.au/aged-care-navigation

Get your rego rebate

The Victorian Government is offering a 20 per cent rebate on light vehicle registration payments, which saves the average driver up to \$186 per vehicle.

Applications are open now until July 31, 2026, for personal vehicles registered between July 1, 2025, and June 30, 2026.

To find out more and apply, visit:

<https://service.vic.gov.au/regio-rebate>

What's on with The Divas

This month, The Senior Divas ladies group have some interesting talks lined up.

Thursday, June 4

Jane Stewart will discuss the food charity she co-founded, It's the Little Things, which won Volunteer Program of the Year at the recent Boroondara Volunteer Awards.

Thursday, June 18

Balwyn Historical Society President Matthew Etty-Leal will discuss the old Georges Department store and the recent Remembering Georges event.

To find out more and to book, please contact the office.

EXERCISE & SOCIALISE

Your Ticket to Staying Fit & Well

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
10.30am Exercise to Music with Jo G	9am Women's Strength + Balance with Baylee	9.30am Falls Prevention Program with Baylee **Begins June 24**	9.30am Men's Exercise with Tom	9.30am Women's Strength + Balance with Baylee
12pm Seated Strength Exercise with Baylee	9.30am Challenge Your Balance with Denise	10.15am Strength Exercise with Tom	9.30am Exercise to Music with Jo M **45 minute class**	10am Tai Chi for Balance with Lilei
2pm Falls Prevention Program with Baylee **Begins June 22**	11.30am Seated Exercise to Music with Jo M	11am Seated Strength Exercise with Baylee	1pm-3.30pm Table Tennis self run	11am Seated Strength Exercise with Yanmei
Please note, the Falls Prevention Program is a set 10-week course. You must be registered for the full course to participate. For upcoming dates and information please talk to Baylee.	1.45pm Seated Strength Exercise with Baylee	11.30am Line Dancing with Jo C **Changing to 11.45am from June 24**	2.30pm Meditation & Yoga with Elizabeth	11.15am Seated Tai Chi with Lilei
	1.45pm Strength Exercise with Tom			

Legend

Gentle

Moderate

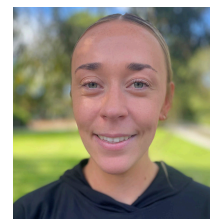
Active

Cost of Group Classes

\$12 CHSP assessed and approved
\$16 non assessed

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

For more information, please contact our Exercise Coordinator and Accredited Exercise Physiologist, Baylee Eastham.



Baylee Eastham



Denise Mokasdi

Balwyn Evergreen Gym

Small group sessions (45 mins)
Tuesdays 10.15am

Thursdays 11am & 1.15pm

Max 4 people per session

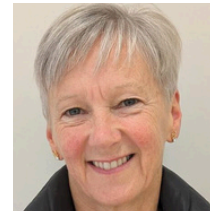
Limited 1:1 EP sessions with Baylee
Bookings essential!

Find the right class for you!

Before you get started with your exercise plan, book a time to meet with Exercise Coordinator Baylee to make sure you're medically cleared to participate. This ensures you get the most out of your program.



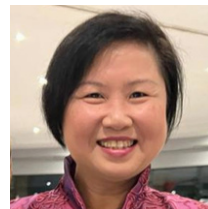
Yanmei Chen



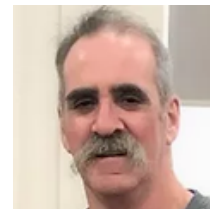
Jo Morris



Jo Golds



Lilei Enright



Tom Scott



Elizabeth Mackenzie

Notes

- Please check the online Activities Calendar for any timetable changes
- Make sure you wear appropriate footwear. Sandals are not permitted

WHAT'S HAPPENING

Support our work with a donation this End of Financial Year

This End of Financial Year, help make a difference with a donation to Balwyn Evergreen. As a not-for-profit organisation and registered charity, community support is essential in helping us continue delivering meaningful programs and services to older people and our local community.

Every donation helps keep our programs running - supporting connection, wellbeing, independence, and quality of life for those who need it most.

All donations over \$2 are tax deductible, and an official receipt will be provided.

Thank you for supporting Balwyn Evergreen and the community we serve.

To donate, please get in touch with the office or visit:
balwynevergreen.org.au/donate

You can also scan the QR code to donate directly through My Cause.



Celebrating with friends

Happy Birthday to the one and only Ruth Shipp, who celebrated her 104th birthday last month! She's pictured here blowing out a candle with her friends during a Tuesday Outing. Ruth is often asked what the secret to her longevity is, and her answer is always the same – her family and friends.



She makes the most of her social groups, and earns the attendance award for the entire outings program, the Senior Divas and our special events. We love having her as part of our community and look forward to seeing her each week.

Thanks for sharing your time, good humour and birthday with us, Ruth!

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.

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

Get your flu shot

Flu vaccines are now available and are free for people aged 65+. As a reminder, if you have any cold or flu symptoms, please stay home. This helps to keep our staff and clients well.



Check in with us first

Don't forget, we need to know you're in the building, so please check in with the office before your class.

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 a cancellation fee.

Update your details

Make sure you let the office know if there are any changes to your personal details.

Join our mailing list

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

Connect with us



@balwyn_evergreen



'Balwyn Evergreen Centre'



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