

October

Activities Calendar - 2025

LEGEND:
Gentle – Gentle/Seated class
Mod – Moderate Intensity
Active – Active Class
Tailored – Customised



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	
Notes <ul style="list-style-type: none">• Transport to and from Balwyn Evergreen available weekdays (cost applies)• If you're new to Balwyn Evergreen, your first exercise session is FREE• Activities and programs are subject to change/cancellation at short notice• Check the newsletter for more information on highlighted activities• *This exercise class is 45 minutes. All other exercise classes are 60 minutes• ** Please note time change for this class/program				1 10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing		2 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 1pm-4pm Café drop in 2.30pm Play Reading Group		3 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	
6 10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education		7 **9am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise 1pm-4pm Café drop in		8 10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 1pm-4pm High Tea at Balwyn Evergreen		9 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 1pm-4pm Café drop in		10 10am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	
13 10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education		14 9.30am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise 1pm-4pm Café drop in 2pm Chat with Dr Monique Ryan		15 10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing		16 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 1pm-4pm Café drop in 2.30pm Play Reading Group		17 10am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	
20 10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education		21 9.30am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise 1pm-4pm Café drop in 1pm-4pm Get Online Week workshop		22 10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 12.30pm Free Information Session: Scam Watch with Bendigo Bank		23 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 1pm-4pm Café drop in 1pm-4pm Get Online Week workshop		24 10am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	
27 10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education		28 **9.15am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise 1pm-4pm Café drop in		29 10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program		30 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 1pm-4pm Café drop in 1pm-2pm Chatty Café catch up 2.30pm Play Reading Group		31 10am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	

EVERGREEN Connections

CAFE & INFORMATION HUB



OUR PLACE IS YOUR SPACE

Drop in and connect with friends over coffee

Casual Drop-In Hours:

Tuesday 1pm-4pm
Thursday 1pm-4pm

Chatty Cafe

Last Thursday of the month from 1pm

September 25
October 30
November 27



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 us stay caffeinated with a gold coin donation.

Thanks for your support!



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!

9836 9681 / office@balwynevergreen.org.au

