

JULY 2026

Making the most of the winter months

Welcome to the July edition of Evergreen Connections

The shortest day has passed, and while we know the days are getting longer, we can't quite see it yet. Much like starting a new exercise program, you might not see results straight away, but that doesn't mean they're not happening! Speaking of new, our Falls Prevention Program is underway, and we're already eyeing off the next round in October.

Our price adjustment is now in effect (page 2) - make sure you check out the adjusted prices on our website or at the office.

We have a lovely story from good friends Jill and Suzanne on page 3, and share a wagging tale of visiting dogs on page 6.

Then there's a whole heap of other stuff, plus our usual line-up of Bus Outings and Exercise classes - put the kettle on and enjoy the read!

As always, we look forward to seeing you soon!

- The Balwyn Evergreen Centre Team

Help us make sure your details are up to date

Just a reminder to please let us know if there are any changes to your personal details so we can ensure our records are as accurate as possible. This includes contact details, next of kin, medication updates and if you're planning an extended holiday or health-related break. We also need to know if you're approved for CHSP services or moving to a Support at Home package, as this affects what and how you pay. This extends to family members and carers; if they're our main contact, they need to provide us with these updates.

Thanks for your support!

Events & Info Sessions

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 held bi-monthly at Balwyn Evergreen.

Free Hearing Clinic

Tuesday, July 28
10.30am-12pm

Book a free hearing check at our on-site clinic with NeuroHearing audiologists (page 2).

Chatty Cafe Launch

Wednesday, August 5
10.30am-12pm

Join us for a special morning tea to relaunch the Chatty Cafe (page 6).

Wiser Driver Course

Monday, September 7, 14, 21, 28
1pm-3pm

Brush up on your driving knowledge over four weeks with the trusted Wiser Driver course (page 2).

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.



Sharing our social connections

We're back on Channel 31's Over 50, So What! This episode looks at our Exercise Programs, our Evergreen Connections Cafe & Information Hub and just how important social engagement is. As always, a huge thank you to Carol O'Halloran and her team for taking the time to visit, chat with us, and help us share our stories. To watch the clip, visit: <https://youtu.be/u1jnc35Lx0A>

To find out more about our programs and services, please contact the office.



NEWS CORNER

Updates From the Balwyn Evergreen Community

Balwyn Evergreen's adjusted prices are now in effect

By now, you should all be aware that our prices have been adjusted for the new financial year and are now in effect.

You can view the current prices on our website: balwynevergreen.org.au/pricing or via hard copy from the office.

Our pricing is structured to reflect whether you're assessed and approved for social support group or individual services via the Commonwealth Home Support Program (CHSP) or not (Non-Assessed/Private).

This structure means our pricing model aligns with aged care reforms and our funding obligations.

For those on CHSP, we've been able to keep those prices the same (except for minor adjustments for programs that include meals).

For private clients, the price has increased, and you will be required to pay the adjusted amount from July 1, 2026.

Private clients who are over 65 and living at home have the option to be assessed for CHSP services. If you would like more information on this process, or for us to help with the initial sign up, please let us know.

Support at Home is a different pricing structure, and providers have been informed of those prices, which will come into effect in August 2026.

Just a reminder to please be respectful of our staff while we implement the adjusted prices.

Thanks for your support and understanding - if you have any questions or concerns, please get in touch.

Brush up on your driving knowledge

We're excited to announce we're hosting the popular *Wiser Driver* course in September!

This is a **FREE** four-week refresher course for older drivers that builds on your knowledge and experience to keep you driving safely.

Topics covered include: safety rules, driving today, car safety features and safety tips.

Participants will also receive handbooks and access to online resources, plus tea and coffee are included.

Spaces are limited, so if you're keen, please sign up!

DATES: Monday, September 7, 14, 21 and 28

TIME: 1pm to 3pm

For more information and to book, please contact the office: 9836 9681 / office@balwynevergreen.org.au



A round of applause for SRV

We had a fantastic turnout for our Planning Ahead workshop last month.

A huge thank you to Gina Fisk from Seniors Rights Victoria for delivering an informative and engaging session on Enduring Powers of Attorney, Medical Treatment Decision Making and Advance Care Directives.

The consensus of the group was overwhelmingly positive, with everyone taking away new information and a sense of empowerment.

If you missed the session, we have plenty of forms and brochures leftover - you can pick them up from the office.

For more information on this topic and more, visit: seniorsrights.org.au.

Book your Free hearing check

Don't miss the opportunity to book a **FREE** specialist hearing assessment with experienced audiologist Weicen Yan of NeuroHearing in Canterbury, on

Tuesday, July 28, from 10.30am-12pm

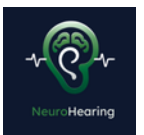
The clinic covers:

- Hearing loss screening
- Earwax checks
- Hearing aid cleaning and troubleshooting

Book your 15-minute appointment at the office: 9836 9681 or office@balwynevergreen.org.au.

Please arrive five minutes before your appointment and check in at the office.

For more information about NeuroHearing, visit: neurohearing.com.au.



SPOTLIGHT

International Day of Friendship

That's what friends are for

International Day of Friendship, July 30, shines a light on the connections helping older people feel active, valued and seen. We chat to **Jill Sculley** and **Suzanne Morrison** about the special bond they've formed with a little help from Balwyn Evergreen.

Balwyn Evergreen is celebrating International Day of Friendship (July 30) by sharing the story of two women whose connection has grown through movement, laughter and Monday lunches.

Jill Sculley and Suzanne Morrison, both 79, met through Balwyn Evergreen, and now see each other several times a week during the centre's programs, enjoying the Tai Chi and Exercise to Music classes and various day trips together.

What began as a friendly connection at Balwyn Evergreen has become a genuine and invaluable friendship. Their lives, in many ways, seem to have quietly dovetailed.

Both value independent travel, both have grandchildren, both enjoy keeping active, and both say their friendship has given them something deeply important at this stage of life, someone they can talk to openly.

Jill, whose husband Gerald died 12 years ago, says her friendship with Suzanne has brought warmth, ease and companionship into her week.

"Suzanne and I have a lot in common, and our lives seem to fit together in many ways," Jill says.



"We do exercise classes together, we have lunch on Mondays, and we catch up outside the Balwyn Evergreen Centre too. It is lovely to have someone you can talk to, laugh with and feel completely relaxed around."

Suzanne, who has been married for 56 years and has two children and five grandchildren, said the friendship has become an important part of her life.

"Friendship matters because it gives you connection," Suzanne says.

"You can be yourself, have a laugh and enjoy each other's company. Jill is a good listener, she has had a colourful life, and we can confide in each other when something is worrying us."

Balwyn Evergreen CEO, Tina Hogarth-Clarke, says Jill and Suzanne's story reflects the quiet power of community connection.

"Friendships such as Jill and Suzanne's are exactly why places like Balwyn Evergreen Centre matter," Tina says.

"Staying active is important; however, so is having somewhere to belong. For many older people, a class, outing or shared lunch can be the beginning of a friendship that brings confidence, joy and comfort into everyday life."

Tina says International Day of Friendship was a timely reminder that meaningful connections can support wellbeing at every age.

"Friendship does not have to be complicated. It can begin with a conversation before a class, a seat beside someone on a bus trip or a Monday lunch that becomes part of your routine. What matters is that people feel seen, valued and connected."



HEALTH & WELLBEING

Healthy Ageing with Balwyn Evergreen

Making room for Evergreen Connections

August 3-9 marks Loneliness Awareness Week, a national initiative that addresses the growing and often misunderstood presence of loneliness in the community. This year's theme, Make Room for Connection, celebrates the everyday ways people living in Australia are making room for connection and shines a spotlight on those who are, or want to be, connectors in their communities, workplaces, schools and neighbourhoods.

For Balwyn Evergreen, this is right in our wheelhouse, after all, we were founded in 1958 to address this exact problem among older people. While we continue to strive to be a place where our community can connect and feel welcome every day, there's always more room at the table, which is why we'll be hosting a Chatty Café on Wednesdays from 10.30am-11.30am in our Evergreen Connections Café and Information Hub, beginning during Loneliness Awareness Week on Wednesday, August 5. This timeslot coincides with our Supported Lifestyle Program morning tea and is an opportunity for older people who may want to join the program to attend with their carers and family members to spend time in a warm environment and share a cuppa with clients, staff and volunteers. It's also a chance for carers to take a breather and chat with like-minded people.

COME ALONG TO OUR CHATTY CAFE LAUNCH

Join us on Wednesday, August 5, from 10.30am-11.30am for the launch of our weekly Chatty Café session. Light morning tea and community connection are included.



FOOD FOR THOUGHT

with Ruby Cheung



Hello friends!
Eating a balanced diet during the colder months is essential to support the immune system, maintain energy levels, and help preserve muscle strength for older adults. Choose meals that include lean protein, colourful vegetables, wholegrains, and healthy fats. Here's a selection of comforting dishes, perfect for winter and are packed with nutrients.

- Chicken and vegetable soup - lean protein, fibre, and plenty of fluids to help with hydration
- Beef and vegetable stew - rich in iron, protein, fibre and vitamins
- Baked salmon with sweet potato and steamed broccoli - heart-healthy Omega-3, potassium, and vitamin A, C and K
- Lentil and pumpkin soup - high-fibre, plant-based meal that's filling and easy to digest
- Warm porridge with stewed apples and cinnamon – breakfast / afternoon tea that's high in fibre, topped with yoghurt or milk for extra calcium and protein

Remember to stay hydrated, even when it's cold, as we often feel less thirsty in winter.

A warm cup of milk or tea can also be a comforting way to increase fluid intake. Eating well this winter can help you stay warm, active, and feeling your best.

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.

Exercise update: Hydro and Falls Prevention

Falls Prevention

Our Falls Prevention Program started last month and is going well, so well in fact that we're already running a waitlist for the next round, beginning October 5 and 7.

If you'd like to join the next round, please put your name down at the office, and Baylee will be in touch for a chat.

Remember, not only is this bespoke, 10-week course a sure-fire way to improve your balance and confidence, but you also get the added bonus of a free Tai Chi for balance class for the duration of the course.

Hydrotherapy

We're still taking expressions of interest for this new program, which has piqued an excellent response.

The sessions will be run at Healthways Leisure Centre in Mont Albert. Dates and prices are still to be determined, but it will definitely be in the near future. Stay tuned!

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

DAY TRIPS

A Month's Worth of Bus Outings

Get out and about with the outings crew!

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.

- Pick up from 9.30am (unless otherwise stated)
- Drop off from around 3.30pm
- COST: \$28 (CHSP assessed + approved), \$171 non-assessed. Lunch and tours are an additional cost
- Outings require a minimum of six people and can be changed or cancelled at short notice
- Clients who cancel after confirmation will incur the full transport cost unless extenuating circumstances apply
- Tours and entry costs are prepaid and non-refundable

Weekly Social Outings

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

Tuesday, July 7

DROUIN: Royal Hotel

EARLY START 9AM

We're going rural today, to the West Gippsland town of Drouin, set in bucolic countryside. We'll take in the local sights before heading to the historic Royal Hotel for lunch. This renovated pub features timber and stone from the region's first sawmill and quarry. The bistro features a wide selection, including a seniors' menu.

Tuesday, July 14

LANGWARRIN: Beretta's Langwarrin Hotel

Set in Melbourne's southeast, Langwarrin has more than meets the eye. With the beach tantalisingly close, we'll make sure to cast our eye over the water before heading to Beretta's restaurant at the Langwarrin Hotel for lunch. This contemporary venue is a great spot to catch up and enjoy a meal.

Tuesday, July 21

SOMERVILLE: Somerville Hotel

We love a trip to the Mornington Peninsula, and Somerville is always well worth the visit. Of course, a trip to the seaside isn't complete without visiting the beach - we'll stop off for some fresh air before heading to the local for lunch. The Somerville Hotel offers a relaxed dining experience with a friendly atmosphere and a menu featuring classic pub fare.

Tuesday, July 28

LANCEFIELD: The Lancefield Hotel

Set in the stunning Macedon Ranges, Lancefield offers a glimpse into the past with its pastoral, working village vibe. We'll enjoy the sights before heading to the local pub for lunch, which has been at the heart of the community since 1870.

Fortnightly Community Outings

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

Thursday, July 9

NARBETHONG BLACK SPUR INN

9AM START

Nestled at the top of the Yarra Valley, the historic Black Spur Inn offers warm hospitality, cosy accommodation and garden-view dining featuring regional flavours. Established in 1863, this vibrant location has survived a century of bushfires, reinventing itself each time.

Thursday, July 23

WERRIBEE PARK MANSION TOUR

9AM START

Discover the rich and turbulent history of Werribee Park Mansion, one of the most opulent properties in Victoria. Completed in 1877, the Renaissance Revival-style building features 60 rooms with stunning finishes. It was converted into a seminary in the 1920s, and the entire estate was then purchased by the State Government in 1977.

COST: Entry \$8.80 concession. Tour \$15

Monthly Premium Outing

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

Monday, July 20

SEA LIFE MELBOURNE AQUARIUM 9AM START

Dive into the mesmerising range of marine and freshwater creatures, including jellyfish, penguins, seahorses, hundreds of fish species and more!

Don't miss the Bay of Rays walk and penguin playground with its cheeky residents.

Plus, find out about how the aquarium contributes to marine conservation.

COST: \$39

ACTIVE LIVING

Keeping Social Connections Strong

Paws for connection at Balwyn Evergreen

We're huge fans of all things doggie at Balwyn Evergreen and never shy away from including our fur babies in our activities, which is why we jumped on Take Your Dog to Work Day last month and brought in a few furry friends to say hello to our Supported Lifestyle Clients and volunteers.

It was a whirlwind of paws and fur with many pats, hugs, and lots of smiles!

Thanks to Holden the Cocker Spaniel, Frankie the Boston Terrier and Billy the Cavalier Cross for brightening our day.

Notably absent was Harper, the Golden Retriever, who visits the SLP each Friday - she's currently on leave with her owner, Chris. Our clients certainly connected with the furry visitors, who offer so much more than meets the eye. Dogs can spark conversation, invite touch, encourage smiles and help people connect through memories of pets they have loved, walked, cared for or grown up with. In a dementia-friendly setting, those simple moments can help clients feel more relaxed, recognised and involved in the day.

Research around pet engagement and dementia suggests animals can support mood, engagement, interaction, comfort and reminiscence, although the evidence is mixed for outcomes such as agitation and quality of life.

For Balwyn Evergreen, the value is in offering a calm, supervised and client-led experience that adds warmth to the day without overstating the role animals can play.

"Many of our clients have beautiful memories connected to pets, so bringing our dogs into Balwyn Evergreen gives them another way to connect, share stories and enjoy the moment," Balwyn Evergreen CEO and proud beagle parent, Tina Hogarth-Clarke, says.

To find out more about our social support programs, or just to tell us about your dog, please contact the office.



Celebrating NAIDOC Week

NAIDOC Week (July 5-12)

reminds us there's still a lot to be done on the road to reconciliation.

This year marks five decades of community-led NAIDOC Week celebrations and honours the generations of activists, Elders, and communities who have fought for survival, truth-telling, and cultural recognition.

To find out more, visit: naidoc.org.au.



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

Rego rebate ends July 31

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 until July 31, 2026.

The process is quick and easy, with the refund going straight into your account.

If you have a personal vehicle registered between July 1, 2025, and June 30, 2026, you're eligible for the rebate. To apply, visit: service.vic.gov.au/regio-rebate

What's on with The Divas

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

Thursday, July 2

Edwina from Bolton Clarke: Healthy Bladders and Continence Health

Thursday, July 16

Historian Graham O'Rourke: Australian architect and politician William Pitt

Thursday, July 30

Kerry from Bolton Clarke: Managing Sleep and Fatigue

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 group 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 **Ends Aug 26**	9.30am Men's Exercise with Tom	9.30am Women's Strength + Balance with Jo M
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 **Ends Aug 24**	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	11.45am Line Dancing with Jo C	2.15pm Meditation & Yoga with Elizabeth **75 minute class**	11.15am Seated Tai Chi with Lilei
	1.45pm Strength Exercise with Tom			

Legend

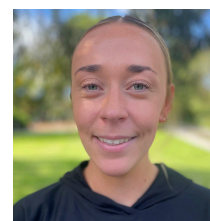
Gentle Moderate Active

Cost of Group Classes

\$12 CHSP assessed and approved
\$25 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!

Notes

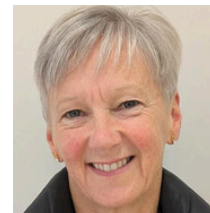
- Please check the online Activities Calendar for any timetable changes
- Make sure you wear appropriate footwear. Sandals are not permitted

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



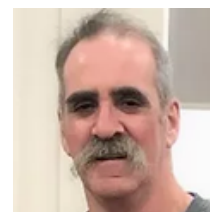
Jo Morris



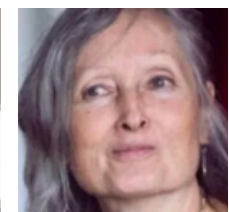
Jo Golds



Lilei Enright



Tom Scott



Elizabeth Mackenzie

WHAT'S HAPPENING

Celebrating older women with #TheBiscuitTin

Sew Sharma (pictured right) with Balwyn Evergreen CEO Tina Hogarth-Clarke and the beautiful *Recipes for Respect* booklet recently released by the City of Boroondara as part of The Biscuit Tin Project, which celebrates older women. Sew is an active member of the Boroondara Chinese Senior Citizens Association, is well-known for her line-dancing demonstrations at our Open Days and can add baker to her credentials with her delicious Chocolate Biscuit Sandwiches - which we made and taste tested (pictured above)! The booklet features personal stories, reflections and cherished recipes that share what respect looks like in everyday life in moments of connection, inclusion and recognition. Pick up a copy from Boroondara libraries or visit: boroondara.vic.gov.au/community/seniors/recipes-respect-thebiscuittin-project



Bringing history to life

It was another informative day out for our Outings Crew, who visited the exquisite Coombe Estate in Coldstream, which was home to the iconic soprano Dame Nellie Melba recently. This was one of our Premium Outings, which happens monthly on a Monday. With beautiful gardens, historic photos, ornate fittings and scones for morning tea, the group had plenty to talk about.

To find out more about our extended Outings Program, please contact the office or visit: balwynevergreen.org.au/bus-outings

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



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