

July Activities Calendar - 2022



Balwyn Evergreen Centre
45 Talbot Av, Balwyn VIC 3103
Open Mon-Fri 8.30 AM - 4.30
(03) 9836 9681
office@balwynevergreen.org.au

Monday	Tuesday	Wednesday	Thursday	Friday
28th July Outing to Hastings 	Christmas in JULY 	27th July 3 Course Lunch & Entertainment \$25 BOOK NOW	Join our Active Living Programs Every Thursday & Friday 	1 9.00 Tai Chi for Health 10.00 Tai Chi for Balance 11.00 Seated Strength Exercise 10.00- 3pm: *Active Living Program Mod Gentle Gentle
4 09.15 Zumba Gold 10.30 Exercise to Music 12.00 Strength & Balance Active Active Mod	5 9.30 Balance Challenge 11.00 Chairbics 13.45 Seated Exercise 13.45 Strength Exercise 10.00 Ramblers outing 2 Outings on offer (see Newsletter) Mod Mod Gentle Mod	6 10.15 Seated Exercise 10.15 Strength Exercise 12.00 Evergreen Luncheon 1.15 Live Entertainment Gentle Mod	7 9.30 Men's Exercises 9.45 Movement to Music 11.00 Senior Divas 11.15 Gym Sessions 1.45 Gym Sessions 2.30 Yoga & Mediation 10.00- 3pm: Active Living Program* Active Active Tailored Tailored Mod	8 9.00 Tai Chi for Health 10.00 Tai Chi for Balance 11.00 Seated Strength Exercise 10.00- 3pm: *Active Living Program Mod Gentle Gentle
11 09.15 Zumba Gold 10.30 Exercise to Music 12.00 Strength & Balance Active Active Mod	12 9.30 Balance Challenge 11.00 Chairbics 13.45 Seated Exercise 13.45 Strength Exercise 10.00 Ramblers outing 2 Outings on offer (see Newsletter) Mod Mod Gentle Mod	13 10.15 Seated Exercise 10.15 Strength Exercise 12.00 Evergreen Luncheon 1.15 Live Entertainment Gentle Mod	14 9.30 Men's Exercises 9.45 Movement to Music 10.00 Evergreen Explorers (see Newsletter) 11.15 Gym Sessions 1.45 Gym Sessions 2.30 Yoga & Mediation 10.00- 3pm: Active Living Program* Active Active Tailored Tailored Mod	15 9.00 Tai Chi for Health 10.00 Tai Chi for Balance 11.00 Seated Strength Exercise 10.00- 3pm: *Active Living Program Mod Gentle Gentle
18 09.15 Zumba Gold 10.30 Exercise to Music 12.00 Strength & Balance Active Active Mod	19 9.30 Balance Challenge 11.00 Chairbics 13.45 Seated Exercise 13.45 Strength Exercise 10.00 Ramblers outing 2 Outings on offer (see Newsletter) Mod Mod Gentle Mod	20 10.15 Seated Exercise 10.15 Strength Exercise 12.00 Evergreen Luncheon 1.15 Live Entertainment Gentle Mod	21 9.30 Men's Exercises 9.45 Movement to Music 11.00 Senior Divas 11.15 Gym Sessions 1.45 Gym Sessions 2.30 Yoga & Mediation 10.00- 3pm: Active Living Program* Active Active Tailored Tailored Mod	22 9.00 Tai Chi for Health 10.00 Tai Chi for Balance 11.00 Seated Strength Exercise 10.00- 3pm: *Active Living Program Mod Gentle Gentle
25 09.15 Zumba Gold 10.30 Exercise to Music 12.00 Strength & Balance Active Active Mod	26 9.30 Balance Challenge 11.00 Chairbics 13.45 Seated Exercise 13.45 Strength Exercise 10.00 Ramblers outing 2 Outings on offer (see Newsletter) Mod Mod Gentle Mod	27 10.15 Seated Exercise 10.15 Strength Exercise 12.00 Christmas in July Luncheon 1.15 Garden Launch 1.30 Live Entertainment Gentle Mod	28 9.30 Men's Exercises 9.45 Movement to Music 10.00 Evergreen Explorers (see Newsletter) 11.15 Gym Sessions 1.45 Gym Sessions 2.30 Yoga & Mediation 10.00- 3pm: Active Living Program* Active Active Tailored Tailored Mod	29 9.00 Tai Chi for Health 10.00 Tai Chi for Balance 11.00 Seated Strength Exercise 10.00- 3pm: *Active Living Program Mod Gentle Gentle

LEGEND:
 Gentle - Gentle Exercises
 Mod - Moderate Intensity
 Active - Active Class

***Active Living Programs:**
 Our active living programs include pickup/drop off, morning tea, exercise session, 3 course lunch followed by afternoon activities & cuppa.

- **Transport available**
- **Ask about our memberships (gives you discounts to all activities)**
- **If you're new to Balwyn Evergreen Centre, your first session is FREE**

**Activities Program subject to change at short notice*