

OCTOBER 2026

Join us in celebrating our community

Welcome to the October edition of Evergreen Connections

We're not sure where October snuck up from, but we're glad it's here because that means the Victorian Seniors Festival is upon us!

This month is chock full of events and activities across the state, including none other than our famous High Tea - yes, we're going large! Head to page 2 for more info on the festival, and while you're there, check out what we've got planned for Get Online Week and digital learning in general.

In other news... we talk to exercise and outing client Jan Basso about the little things that make a big difference (page 3), and share a relaxing new partnership with Endota Balwyn (page 4).

We also share an update on our exercise program (page 4) and congratulate the Wiser Driver graduates (page 6).

If you haven't been on one of our Outings yet, you're missing out! With the weather warming up and flowers blooming, there's no better time to get out and about - check out page 5 for this month's timetable.

As always, we look forward to seeing you soon!

- The Balwyn Evergreen Centre Team

The Annual Consumer Survey 2026 is coming up...

It's almost that time of year again... the Annual Consumer Survey 2026. We'll be rolling this out next month and would appreciate as many responses as possible! It's a great opportunity to share your thoughts and feedback, which ultimately helps us deliver a better overall service to our community. Stay tuned for more information.



Flying the flag for footy day

Who doesn't love a theme day? Our Monday Exercise to Music class loves getting into character, mainly due to their fearless leader and instructor extraordinaire, Jo Golds (she's the Geelong fan in the centre). The key to making exercise a regular part of your routine is to make it enjoyable, and this class has this in spades!

To find out more about our exercise programs, including our popular Exercise to Music class, please contact the office.

Events & Info Sessions

Making the Most of your Support at Home Package Coffee + Chat
Thursday, October 29
11am-12pm

A small group coffee and chat about S@H packages, with Angus Kerr from LiveWell Care (page 2).

Free Hearing Clinic
Tuesday, November 17
10.30am-12pm

With Weicen Yan of NeuroHearing in Canterbury (page 6).

Aged Care Navigator 1:1 session
Tuesday, November 24
9am-12pm

The last opportunity for the year to catch up with council's Aged Care Navigator (page 6).

Chatty Cafe
Wednesdays
10.30am-11.30pm

Drop in for a coffee and chat with our dedicated chatty volunteers. All welcome (page 6).

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.



NEWS CORNER

Updates From the Balwyn Evergreen Community

Discover more at the 2026 Seniors Festival

Victorian
Seniors
Festival
2026

CONNECT
CREATE
CELEBRATE

VICTORIA
State
Government

It's October, which means the Victorian Seniors Festival is in full swing!

We're looking forward to hosting our famous High Tea on October 8 from 1.30pm-3.30pm. This is our flagship event, the biggie where we tip our teacups and kick up our heels to celebrate our community.

This event is a sell-out, a wonderful response and testament to our community. We look forward to seeing you there and can't wait to share the photos with you in the next newsletter.

Try something new this October...

There's so much on offer for the Seniors Festival both locally and across the state.

Explore free and low-cost activities including live entertainment, creative workshops, group exercise, information sessions and community events.

The program also includes the ever-popular Boroondara Seniors Film Festival run throughout October. Victorian Seniors Card holders can enjoy free public transport across Victoria from October 3-11. Carry your Seniors Card and Seniors myki and tap on and off as usual.

To see what's on in Boroondara, visit www.boroondara.vic.gov.au/seniors-festival.

For more key dates and all events happening as part of this major state-wide festival, visit www.seniorsonline.vic.gov.au/festival.

Get your hands on some tech

Evergreen Connections Cafe and Information Hub will be open for clients and older community members to



"Come and Try Tech" as part of the Be Connected Get Online Week. There will be an afternoon of demonstrations, learning and opportunities for you to try some tech, ask questions and receive support over coffee and cake.

Come and Try Tech is on Wednesday, October 21 from 2.30pm-4pm.

Don't forget, if you have any tech-related questions in the meantime, please make an appointment with Bo on Mondays from 1.30pm.



Welcome Sue to the social crew

We're pleased to welcome Sue Tuteria (right) as a placement student. She'll be here for the next month, helping Raymond with our group activities. She's penned a few words to introduce herself...

"A big thank you to everyone in the Evergreen Community who has made me feel so welcome over the past fortnight!

My name is Sue, and I'm currently completing my student placement as part of my Certificate IV in Health and Leisure (Ageing Support). I really enjoy supporting people to live well in their own homes, stay active, and keep connected with their community.

A little about me – I love gardening, walking my Golden Retrievers, chatting to my backyard chooks (they're very good listeners!), and heading off on adventures in my caravan whenever I get the chance.

I'm really enjoying my time at Evergreen and getting to know everyone. If you see me around, please come and say hello – I'd love to have a chat!"

Build your digital skills with Balwyn Evergreen and Be Connected

Be Connected is an Australian Government initiative that helps older

Be Connected

Every Australian online.

Australians build the digital skills and confidence they need to use everyday technology.

Balwyn Evergreen has a long relationship with the Be Connected program – we understand how important digital literacy is and how to support our clients in gentle upskilling. From next month, we'll be delivering group classes on a wide variety of topics via the Be Connected framework with the help of IT-savvy volunteers. The courses will run several times a week for about 1.5 hours and include a morning or afternoon tea.

Stay tuned for the timetable and topics. Once this is live, you can register for the sessions with the office.

SPOTLIGHT

International Day of Older Persons

“Despite slowing down, I’m still capable”

For International Day of Older Persons on October 1, Balwyn Evergreen client Jan Basso shares the everyday pleasures that keep her moving, connected, and looking forward to the future.

Jan Basso begins many mornings in the garden. She has always loved it and tries to spend at least an hour outside each day. At 76, she knows some things take a little longer than they once did. What matters to her is getting up and being able to do what she needs to do. “Despite slowing down, I’m still capable,” Jan says. It is a quietly confident way of looking at life, shaped in part by the years she spent caring for her mother. When Jan faces a challenge, she sometimes asks herself, “What would Mum do?” She remembers how her mother managed and draws encouragement from her example.

Jan and her husband John have been married for 57 years. Their two daughters and four grandchildren, now young adults, are at the centre of their lives. Hearing what the grandchildren are doing and talking with them about their lives brings Jan particular joy.

“First and foremost, our children and grandchildren make me happy,” Jan says.

Jan hopes she and John can enjoy good health for as long as possible. She keeps an eye on her blood pressure and cholesterol and makes regular movement part of her week.



For more than two years, she has attended a Tuesday Strength and Balance exercise class at Balwyn Evergreen. She enjoys the feeling of having worked her whole body, from head to toe.

The class is also an opportunity to see familiar faces. Jan has always been outgoing, and Balwyn Evergreen's Outings Program has given her more opportunities to make friends. She enjoys a chat and is keen to discover somewhere different, whether that means a trip to Geelong, to have lunch at the local RSL and spend time at the Geelong foreshore. She is already looking forward to a tour of the MCG.

For Jan, those friendships add something valuable to the week. An outing is more enjoyable when there are people to share it with and a conversation can carry on long after everyone has gone home.

Her advice to others is to start with doing what you can manage. Exercise, she says, can take any shape, and it is worth doing whatever feels possible on the day. She also tries to keep a positive outlook, even when life gives her reasons to feel otherwise.

And she recommends something simple that has always come naturally to her: saying hello.

“Walk the streets and say hello,” Jan says. “It might end up with a small conversation.”

Jan’s daughters tell her and John they are doing very well. Jan is glad to hear it, though she measures a good day in smaller ways: time among her plants, the satisfaction of her Tuesday exercise class, news from her grandchildren and the pleasure of meeting a friend for a friendly chat.

HEALTH & WELLBEING

Healthy Ageing with Balwyn Evergreen

Staffing update: exercise department

Many of you will know that our Exercise Coordinator, Baylee Eastham, has been on leave for the past month.

Due to changes in her circumstances, she decided to resign from her position with us. We're sad to see her go but wish her all the best with whatever comes next.

In the meantime... you'll notice some new instructors for some of the classes and some familiar ones filling in (thanks, Raymond and Bo). We expect to appoint a new Exercise Coordinator over the coming weeks and also have an Allied Health Assistant beginning in mid-October, who will support the Exercise Coordinator and program delivery. We still plan to deliver the Falls Prevention Program as planned and will be in touch with everyone who has expressed interest in the October round in due course.

Rest assured, our clients are our top priority, and we promise that our exercise programs remain the same high quality.

Any updates to the timetable will be on the Activities Calendar - both hard copy and online: balwynevergreen.org.au/calendar

If you have any questions or concerns, please contact the office.

A partnership in wellness

We're excited to announce a particularly comforting partnership with Endota Balwyn.

If you're not familiar with Endota, they offer an indulgent selection of spa treatments, including massage and facials, all from the comfort of their relaxing premises. They've extended a generous discount to our clients, staff and volunteers – 20% off any of their spa treatments.

To redeem the offer, pick up a flyer from Balwyn Evergreen and book either online (enter the code at checkout), call them directly, or drop in and book in person. Terms and conditions apply.

Endota Balwyn has also generously donated a voucher for a Surrender Spa Treatment to the High Tea raffle!

Endota Balwyn is at 365 Whitehorse Rd. Visit: endota.com.au/balwyn

endota

BALWYN

365 Whitehorse Road Balwyn Vic
(03) 9038 8872

Make the most of your Support at Home package

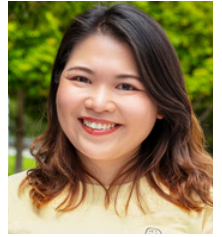
Join Angus Kerr, Principal Social Worker & Aged Care Navigator from LiveWell Care, for an informal, small-group coffee and chat with morning tea on **Thursday, October 29 from 11am-12pm at Balwyn Evergreen.**

This session is designed to help you clarify your status, navigate the rules, and to share with and learn from your peers. Whether you are trying to decipher 'in-scope' versus 'out-of-scope' services, or you're concerned about how changes to the program affect your quarterly budget, you are not alone. Come along to get the clarity you need to ensure you're getting the most out of your package.

This is a small group session with limited spots, so make sure you RSVP to the office.

FOOD FOR THOUGHT

with Ruby Cheung



This year's flu season seems to be lasting longer than usual. For older adults recovering from the flu, eating enough nutritious food and staying well hydrated can help support strength and recovery. When the appetite is low, or the throat is sore, soft, easy-to-eat foods can be a great choice. Try foods that provide plenty of protein and energy without requiring much chewing:

- Scrambled eggs - provide high-quality protein and are soft on a sore throat.
- Silken tofu - slides down easily and can be added seamlessly to warm dishes.
- Finely shredded meat - add finely shredded or blended chicken to warm soups or broths for extra protein.
- Wet oatmeal or congee - cook rice porridge or oats until very soft and creamy; add extra broth or milk for extra nutrition and flavour.
- Mashed root vegetables - mash potatoes, sweet potatoes, or carrots for rich nutrients.
- Smooth peanut butter - add a spoonful to smoothies or stir it into warm porridge.

Staying hydrated is just as important as eating. Encourage small, regular sips of plain water throughout the day, especially if there has been a fever. Warm broths and soups can also provide both fluids and nourishment.

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

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.

The next Outings Newsletter covering November 2026-February 2027 will be available soon.

- 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, October 6

BULLA: Black Horse Hotel

There's nothing better than a country pub, and the Black Horse Hotel is a great example! The menu is classic and comforting, with one- or two-course seniors' options. The town itself boasts heritage sites dating back to the 1800s, including historic homesteads that add to its country charm.

Tuesday, October 13

MELTON: Chariots Bistro

We're heading to the outskirts of Melbourne's west today, to Melton, which offers more than meets the eye. Lunch is at Chariots Bistro, which is part of the Melton Country Club and features an Italian-inspired menu.

Tuesday, October 20

BRIGHTON: Brighton Beach Hotel

One of Melbourne's premier suburbs, Brighton is famous for its beachside location and iconic bathing boxes. We'll meander through the streets and enjoy the postcard views. Lunch is at the Brighton Beach Hotel, which has a classic menu with seniors' options.

Tuesday, October 27

HILLSIDE: Sugargum Hotel

Today we're heading northwest to explore the suburb of Hillside. Lunch is at the Sugargum Hotel - a family favourite hotel, serving up the most delicious food in a warm, welcoming atmosphere, featuring a seniors' menu with up to three courses.

Fortnightly Community Outings

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

Thursday, October 1

NATIONAL COMMUNICATION MUSEUM

The National Communication Museum (NCM) brings to life the nostalgia of communication in Australia, showcasing integral technologies from the past, alongside the current and cutting-edge technologies that will connect us in the future.

COST: \$18 entry

Thursday, October 15

GEELONG RSL 8.45AM START

We're heading further afield today to the bay-side city of Geelong. We'll enjoy the water views before heading to the Geelong RSL for lunch, which prides itself on being one of the leading function centres.

Thursday, October 29

PARLIAMENT HOUSE TOUR 8.30AM START

Get behind the scenes of Parliament House and explore this historically significant building while learning more about the role, history and work of the parliament. Lunch will be at a nearby eatery.

Monthly Premium Outing

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

Monday, October 26

MCG TOUR 8.45AM START

Enjoy exclusive access as you go behind the scenes of the iconic Melbourne Cricket Ground on a 75-minute guided tour. You don't have to be a cricket fan to appreciate this spectacular landmark, which is also a popular concert and events venue. After the tour, we'll enjoy lunch at a nearby pub or restaurant.

COST: \$26 concession

ACTIVE LIVING

Keeping Social Connections Strong

Graduating as Wiser Drivers

Congratulations to the graduating class of Wiser Driver (September 2026) at Balwyn Evergreen, with an honorable mention to Pompey the Labrador for being the best support dog ever!

Run over four weeks, the Wiser Driver course is a refresher theory course for

older drivers to ensure they remain confident on the roads.

Participant Jill Sculley said the course was both "interesting and informative", adding that the facilitator, Sally, was excellent at sharing information in a fun and interactive way.

Thank you to VicRoads for funding and Hawthorn Community House for coordinating the course.

If you're keen to attend this course, you can contact Hawthorn Community House to find out where it will be held next. We plan on running it again next year, so if you're happy to wait, we'd love to see you at Balwyn Evergreen!



CYBER SNIPPETS *with Bo Cui*

I'm calling from your bank"... Imagine receiving a call from someone who says they are from your bank?

They tell you there has been suspicious activity on your account and that you need to act immediately.

The caller sounds professional, knows your name and may even appear to be calling from your bank's phone number. This can feel very convincing.

The safest response is to stay calm and avoid giving the caller any information. A genuine bank would never need you to tell an unexpected caller your password, PIN or one-time security code. If the caller says the matter is urgent, tell them you will contact the bank yourself. Hang up, then call the number printed on your bank card, statement or official website.

Do not rely on the number shown on your phone screen. Caller ID can sometimes be manipulated to make a scam call appear genuine. Also be cautious if someone asks you to move money to a "safe account". Banks do not normally protect customers by asking them to transfer money to another account.

When in doubt, hang up and check independently.

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 1:1 sessions on whatever tech problems are irking you. To book with Bo, please contact the office.



Drop in to our Chatty Cafe

Balwyn Evergreen's Chatty Cafe runs weekly on Wednesdays from 10.30am to 11.30am in the Evergreen Connections Cafe & Information Hub. Everyone is welcome, and our Chatty volunteers will make sure the conversation flows and all attendees feel comfortable.

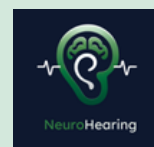
The cafe is also open to the Balwyn Evergreen community on a drop-in basis on Tuesday and Thursday afternoons from 1pm-4pm. We'd love to see more people using the cafe during these times, so please grab a friend and drop in.

Aged Care Navigation times

Book a time to meet 1:1 with Council's Aged Care Navigator, Helen Craddock, at Balwyn Evergreen on **Tuesday, November 24, from 9am-12pm**. Book your 20-minute appointment with the office, and please arrive five minutes early. For more information about this service, visit: boroondara.vic.gov.au/aged-care-navigation

Get a FREE hearing check

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



The clinic covers: hearing loss screening, earwax checks, plus hearing aid cleaning and troubleshooting.

The next clinic is on Tuesday, November 17, from 10.30am-12pm. To book your 15-minute appointment, contact the office.

Circuit class time change

Our Friday Strength + Balance Circuit now runs from 9am-10am, to align it with the Tuesday class times. To stay up to date with any timetable changes, please visit our Activities Calendar: balwynevergreen.org.au/calendar

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 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 Strength + Balance Circuit with Liya	9am Falls Prevention Program **Starts Oct 14**	9.30am Men's Exercise with Liya	9am Strength + Balance Circuit with Jo G
12pm Seated Strength Exercise with Janet	9.30am Challenge Your Balance with Denise	10.15am Strength Exercise with Liya	9.30am Exercise to Music with Jo M **45 minute class**	10am Tai Chi for Balance with Lilei
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 contact the office.	11.30am Seated Exercise to Music with Jo M	11am Seated Strength Exercise with Raymond	1pm-3.30pm Table Tennis self run	11am Seated Strength Exercise with Raymond
	1.45pm Strength Exercise with Cass	11.45am Line Dancing with Jo C	2.15pm Meditation & Yoga with Larissa **75 minute class**	11.15am Seated Tai Chi with Lilei

Legend:

Gentle	Moderate
Active	Social

Cost of Group Classes

\$12 CHSP assessed and approved
\$25 non assessed / private
\$5 Table Tennis

Trusted exercise programs for people over 65

Our team of qualified trainers brings a wealth of experience and expertise to our exercise programs. All new clients must complete a brief in-house assessment and provide medical clearance before beginning their program.

For more information, please contact the office.

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 available
Bookings essential!

Notes

- Friday Strength + Balance Circuit now starts at 9am
- Please check the online Activities Calendar for any timetable changes
- Make sure you wear appropriate footwear. Sandals are not permitted

Refer a friend and exercise for free

Share the Balwyn Evergreen exercise experience with your friends and family, and have a free class on us! To redeem, simply let the office know who your friend is and we'll do the rest!



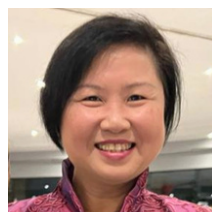
Raymond K



Jo Morris



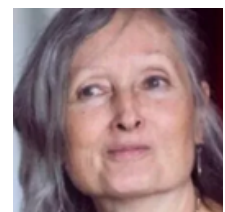
Jo Golds



Lilei Enright



Denise Mokasdi



Elizabeth Mackenzie

WHAT'S HAPPENING

Hello from the Balwyn Evergreen Outings Crew!

Connections Coordinator Lucia made a cameo appearance at the recent outing to Lady Lavenders Tea House in Bunyip. She filled in for Raymond and took the opportunity to coordinate a fun photo to capture the moment.

To find out more about our Outings Program, and to jump in the next photo, please contact the office.



Volunteers taking the wheel

If you're looking for a fun, rewarding and meaningful way to volunteer, then we'd love to hear from you! We're looking for friendly, reliable volunteer drivers to join our roster and help with local pick-ups and drop-offs, as well as our regular day trips. As a volunteer driver, you get to make a difference, connect with our community, enjoy plenty of laughs, and yes... fresh baking is guaranteed!

For more information or to put your hand up, contact our Volunteer Program Coordinator, Tania Kennington, on 9836 9681 or volunteer@balwynevergreen.org.au

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

Join our mailing list

Enjoy our newsletter and regular updates direct to your inbox by signing up to our mailing list either by contacting the office or via the pop up on our website! If you no longer want to hear from us you can unsubscribe at any time.



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 a cancellation fee.

Update your details

Make sure you let the office know if there are any changes to your personal details. This includes changes to your next of kin, contact details and medical information. We also need to know if you're on CHSP or moving to a Support at Home package.

Connect with us



@balwyn_evergreen



'Balwyn Evergreen Centre'



'Balwyn Evergreen Centre'