

September

Activities Calendar - 2025



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	
1		2		3		4		5	
**11.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education	Active Mod	9.30am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise 1pm-4pm Café drop in	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	Gentle Mod Mod	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	Active Active Tailored Mod Gentle	10am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	Mod Gentle Mod
8		9		10		11		12	
10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education	Active Mod	**9am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise 1pm-4pm Café drop in	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	Gentle Mod Mod	9.30am Men’s Exercise *9.30am Movement to Music 11am Senior Divas group 11am Age Care Navigator pop up 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga 1pm-4pm Café drop in	Active Active Tailored Mod Gentle	10am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	Mod Gentle Mod
15		16		17		18		19	
10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education	Active Mod	9.30am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise 1pm-4pm Café drop in	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing	Gentle Mod Mod	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	Active Active Tailored Mod Gentle	10am Tai Chi 11am Seated Strength Exercise 11am Pilates 10am-3pm Supported Lifestyle Program	Mod Gentle Mod
22		23		24		25		26	
10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education	Active Mod	9.30am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise 1pm-4pm Café drop in	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing	Gentle Mod Mod	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 1pm Chatty Café catch up 2.30pm Meditation & Yoga 1pm-4pm Café drop in	Active Active Tailored Mod Gentle	CENTRE CLOSED FOR PUBLIC HOLIDAY	
29		30							
10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education	Active Mod	9.30am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise 1pm-4pm Café drop in	Mod Mod Gentle Mod	LEGEND: Gentle – Gentle/Seated class Mod – Moderate Intensity Active – Active Class Tailored – Customised	Notes <ul style="list-style-type: none">• Transport to and from Balwyn Evergreen available weekdays• If you’re new to Balwyn Evergreen Centre, your first exercise session is FREE• Activities and programs are subject to change/cancellation at short notice• *This exercise class is 45 minutes. All other exercise classes are 60 minutes• ** Please note time change for this class/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
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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!

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