November Activities Calendar - 2026

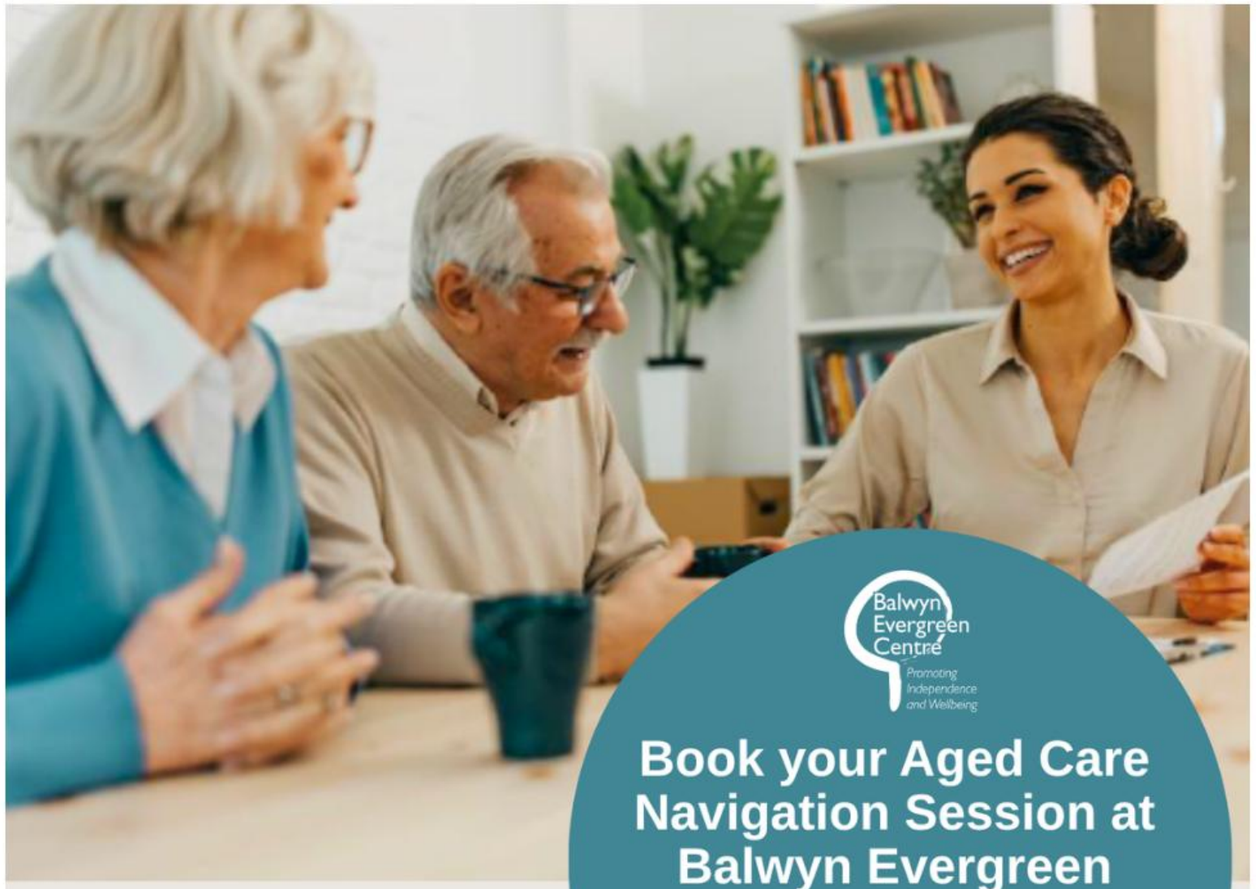
Allied Health at Balwyn Evergreen
Mondays 10am-1pm – Physiotherapy Clinic with Elevate Physio
Fridays 9am-3pm – Podiatry Clinic
Contact the office to arrange an appointment

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	
2		**3**		**4**		**5**		**6**	
CENTRE CLOSED NO CLASSES TODAY		**CENTRE CLOSED FOR CUP DAY PUBLIC HOLIDAY**		**9.15am Falls Prevention Program 10.15am Strength Exercise 10.30am Chatty Cafe 11am Seated Strength Exercise 11.45am Line Dancing 9.30am-3.30pm Supported Lifestyle Program**	Tailored Mod Gentle Mod	9.30am Men's Exercise 9.30am Exercise to Music (45 mins) 11am Senior Divas group **11.15am & 1.15pm Gym Session 1pm-3.30pm Table Tennis	Active Active Tailored Mod	***9am Strength + Balance Circuit 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program**	Active Mod Gentle Gentle
9		**10**		**11**		**12**		**13**	
10.30am Exercise to Music 12pm Seated Strength Exercise **1.30pm 1:1 Digital Training Education**	Active Mod	**9am Strength + Balance Circuit 9.30am Social Bus Outing** 9.30am Challenge Your Balance **10.15am Gym Session ****10.30am Be Connected Course** 11.30am Seated Exercise to Music 1.45pm Strength Exercise	Active Mod Tailored Mod Mod	**9.15am Falls Prevention Program 10.15am Strength Exercise 10.30am Chatty Cafe 11am Seated Strength Exercise 11.45am Line Dancing 9.30am-3.30pm Supported Lifestyle Program**	Tailored Mod Gentle Mod	***9am Community Bus Outing** 9.30am Men's Exercise 9.30am Exercise to Music (45 mins) **11.15am & 1.15pm Gym Sessions ****1pm Be Connected Course** **1pm-3.30pm Table Tennis**	 Active Active Tailored Mod	***9am Strength + Balance Circuit 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program**	Active Mod Gentle Gentle
16		**17**		**18**		**19**		**20**	
10.30am Exercise to Music 12pm Seated Strength Exercise **1.30pm 1:1 Digital Training Education**	Active Mod	**9am Strength + Balance Circuit 9.30am Social Bus Outing** 9.30am Challenge Your Balance **10.15am Gym Session ****10.30am Be Connected Course 10.30am-12pm FREE Hearing Clinic** 11.30am Seated Exercise to Music 1.45pm Strength Exercise	Active Mod Tailored Mod Mod	**9.15am Falls Prevention Program 10.15am Strength Exercise 10.30am Chatty Cafe 11am Seated Strength Exercise 11.45am Line Dancing 9.30am-3.30pm Supported Lifestyle Program**	Tailored Mod Gentle Mod	9.30am Men's Exercise 9.30am Exercise to Music (45 mins) 11am Senior Divas group **11.15am & 1.15pm Gym Session ****1pm Be Connected Course 1pm-3.30pm Table Tennis**	Active Active Tailored Mod	***9am Strength + Balance Circuit 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program**	Active Mod Gentle Gentle
23		**24**		**25**		**26**		**27**	
10.30am Exercise to Music 12pm Seated Strength Exercise **1.30pm 1:1 Digital Training Education**	Active Mod	**9am-12pm 1:1 Aged Care Navigation 9am Strength + Balance Circuit *9.15am Social Bus Outing** 9.30am Challenge Your Balance **10.15am Gym Session ****10.30am Be Connected Course** 11.30am Seated Exercise to Music 1.45pm Strength Exercise	Active Mod Tailored Mod Mod	**9.15am Falls Prevention Program 10.15am Strength Exercise 10.30am Chatty Cafe 11am Seated Strength Exercise *11.45am Line Dancing 9.30am-3.30pm Supported Lifestyle Program**	Tailored Mod Gentle Mod	***9am Community Bus Outing** 9.30am Men's Exercise 9.30am Exercise to Music (45 mins) **11.15am & 1.15pm Gym Sessions ****1pm Be Connected Course 1pm-3.30pm Table Tennis 2.15pm Meditation & Yoga (75 mins)**	 Active Active Tailored Mod Gentle	***9am Strength + Balance Circuit 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program**	Active Mod Gentle Gentle
30									
****8.45am Premium Bus Outing** 10.30am Exercise to Music 12pm Seated Strength Exercise **1.30pm 1:1 Digital Training Education**	Active Mod								

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

- **Transport to and from Balwyn Evergreen available weekdays**
- **If you're new to Balwyn Evergreen, your first exercise session is FREE**
- **New exercise clients must be assessed by the Exercise Coordinator before starting**
- **Activities and programs are subject to change/cancellation at short notice**
- **All other classes are 60 minutes unless stated otherwise**
- **Divas, Outings and the Supported Lifestyle Program require bookings**
- *** Please note time change for this class/activity**
- **** Booking essential for this specific class/session**



Balwyn Evergreen Centre
Promoting Independence and Wellbeing

Book your Aged Care Navigation Session at Balwyn Evergreen

Tuesday, November 24, 2026
From 9am-12pm
20-minute appointments
Please book at the office

BOROONDARA

Aged Care Navigation: Helping you stay independent at home

If you're 65 or older, or care for someone who is, we can help you find the right aged care services. Support is free and confidential.

Get your hearing checked at our...

Balwyn Evergreen Centre
Promoting Independence and Wellbeing

FREE Hearing Clinic

Tuesday, November 17, 2026
From 10.30am-12pm
At the Balwyn Evergreen Clinic



With Weicen Yan, Principal Audiologist at NeuroHearing in Canterbury

NeuroHearing

Free 15-minute appointment covers...

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

Book an appointment with the Balwyn Evergreen office 9836 9681 or office@balwynevergreen.org.au

Six appointments available - choose your timeslot!
Please arrive 5 minutes before your appointment and check in with the office

Evergreen Connections Cafe & Information Hub

Casual drop-in times:
Tuesdays and Thursdays from 1pm-4pm
Bring a gold coin for the coffee machine!

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!



*Must complete an assessment with Exercise Coordinator Baylee before your first class



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 the office know and we'll do the rest!

9836 9681 / office@balwynevergreen.org.au

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