

EVERGREEN Connections NEWSLETTER



Happy holidays from our family to yours

Welcome to the December-January edition of Evergreen Connections

As 2022 draws to a close, we'd like to thank you all for your support this year and for making BEC such a wonderful place to be.

There have been plenty of highlights throughout the year, including Italian Week the Seniors Festival High Tea and morning tea with Gabriel Gaté. Adding to this the launch of the Men's Kitchen cooking class and our Virtual Reality program, there's a lot going on.

We're looking forward to adding even more variety to next year's activities, in particular a few new exercise classes, which will work well with any New Year's Resolutions.

Just a reminder, we'll be closed from Friday, December 23 and will reopen on Monday, January 9.

Please check the Activity Calendar and back page of this newsletter for the final dates for exercise, luncheons and outings. We've also put together a few holiday activities, as an addition to this newsletter, for you to enjoy.

In the meantime, we'd like to wish you all a safe and enjoyable festive season and look forward to seeing you in the New Year.

- The Balwyn Evergreen Centre Team

DECEMBER 2022
& JANUARY 2023

Vote yes for BEC at CommBank

We're excited to be part of the **CommBank Community Donation Program**, which sees two local charities vying for funds.

How does it work? Simply visit the CommBank Balwyn Branch at 333 Whitehorse Rd between December 5, 2022 and March 31, 2023 and cast your vote by scanning the QR code.

Anyone can participate, so please pop in and vote for Balwyn Evergreen!

Men's Kitchen cooking lessons are the place to be



Would you like to learn new recipes and cooking skills in a relaxed and friendly environment? Then our Men's Kitchen "five ingredient cooking lessons" would be perfect for you! Everything is provided and the recipes can be flexible with what the group would like to try. Plus there's always extra to take home for dinner. For our first session, we made pasta two ways and apple crumble biscuits for dessert, which the group then enjoyed for lunch. The class is open to six people at a time and runs fortnightly on Thursdays from 11am-2pm. The cost is \$22 per session and transport is available upon request.

Bookings are essential - please call or email the office to save your seat.



Balwyn Evergreen Centre
45 Talbot Ave, Balwyn VIC 3103
Open Mon-Fri 8.30am-4.30pm

For bookings or enquiries
call 9836 9681 or email
office@balwynevergreen.org.au

NEWS CORNER

Updates From the Balwyn Evergreen Centre Community



CONGRATULATIONS TO BRUCE HANNAN for receiving a special commendation from the City of Borroondara at their annual Volunteer of the Year awards on December 1. Bruce was recognised for his long-standing involvement with Balwyn Evergreen as a bus driver for our social support programs. As our longest-serving volunteer – 16 years and counting – Bruce says he loves being part of the community and “adding value to elderly people’s lives”. “If everyone gets off the bus with a smile on their dial, then I’ve done my job.”

Keep an eye out for our mural

We’re excited to announce mural artist Ana Armillas has been engaged to install our mural in the foyer. Ana is an experienced mural artist having worked with local councils, private companies and individual commissions around the globe.

Originally from Spain, Ana lives locally and has a connection to BEC via our venue hire group, Baha’is. The installation will take place in mid January, with a grand unveiling once complete.

We look forward to seeing the process unfold.

STAFF SPOTLIGHT

Ken McQualter, CEO

Have you met Ken McQualter? He’s our esteemed CEO and has been steering our ship since 2012. If he’s not massaging spreadsheets he’s often talking with our community, pitching in as a bus driver, or enjoying a stroll around our leafy neighbourhood.

“Evergreen is a wonderful environment,” he says, “the staff are caring and talented and really make a difference to our seniors.”

An accountant by trade, Ken was previously Chief Operating Officer at Jet Travel Group (27 years) and part of Remote Vision Solutions, a company that use videoscopes to inspect aircraft for damage.

Moving into aged care was a definite change of pace, Ken says, but one that has been both enjoyable and rewarding.

However, he’s mindful of “the many changes ahead with Aged Care Reform”.

Ken was born in Yarrowonga and grew up in Lake Rowan. After graduating from Yarrowonga High School, he moved to Melbourne to begin his career.



He’s married to Alison and has three children and seven grandchildren who live between Sydney, Melbourne and London.

He’s a passionate outdoors enthusiast and has rafted the Grand Canyon and climbed to Base Camp at Mt Everest.

Volunteering is also part of Ken’s repertoire - he’s been a member of Balwyn Rotary for 30 years, including a stint as president in 2011 and is currently Chair of the famous Camberwell Sunday Market.

LIFE STORIES

Tales From Our Community

Our series, *Life Stories*, allows us to celebrate the people of Balwyn Evergreen Centre and share their incredible stories with you.

Funny, witty, cheeky and vibrant are all words that describe Shirley Nathan.

Her broad smile and wry sense of humour make her a delight to be around and an embodiment of what our Senior Divas group is all about.



Early years between Melbourne and WA

"I've always had a busy, wonderful life," Shirley Nathan says, as she reflects on her 91 years.

However, she says the biggest shock happened 10 years ago when she found out she was adopted.

"Imagine finding out you're adopted at 81," she exclaims, adding that it was a 'cousin' who let the cat out of the bag...

"It seems everyone knew about it except me..."

Shirley was born in Melbourne during the Depression and soon moved with her adoptive parents to WA where she began school aged 7. After a few years, they returned to Melbourne where she finished her schooling and began a job at Myer aged 15. When her parents separated, she returned to WA with her mother, where she found work in a department store behind a counter. "I'd probably still be behind a counter somewhere if my supervisor hadn't encouraged me to apply for a telephonist role," she says.

A few romantic mishaps

Shirley says she was drawn back to Melbourne, with "a few romantic mishaps along the way".

Then, while working for a commercial photographer, she met her future husband, Pete, around Christmas 1955. At the time, Pete was working in advertising, so their relationship was strictly professional.

Much like Shirley, Pete had a good sense of humour and the two soon began dating and eventually married. They have two daughters – Ruth and Sarah – and two grandchildren, whom Shirley loves spending time with.

After retiring from paid employment, Shirley took on various volunteer roles, including at Foodbank making meals and at Golden Days Radio.

It wasn't until she was 50 that Shirley travelled overseas, which she says is too old to be doing your first trip. However, she made up for lost time with a few big trips during the 80s to the US and Europe and gifted her youngest daughter a ticket to the UK for her 21st birthday.

Cherish your loved ones

"People who still have their partners have no idea how lucky they are," Shirley says.

Pete, who had MS, suffered a stroke in 1993.

"After the stroke, I lost his companionship," she says.

Pete spent the next 14 years in care and Shirley would visit him regularly. "That gave me purpose."

Then in 2009, Shirley moved into an independent living community, which is "good because there's always someone around to talk to".

While spritely and active at 91, Shirley says she still finds it hard to accept having to be driven around and have other things done for her. Most of all, she misses singing in the Melbourne Mass Gospel Choir.

Spending time with Divas

Shirley says she enjoys being around people and participating in activities at Balwyn Evergreen.

"I can't remember how long I've been coming to Evergreen. I was seeing a psychologist and she found Evergreen and thought it would be good for me.

"I love Divas - it's another group of people to talk to.

HEALTH & WELLBEING

Healthy Ageing with Balwyn Evergreen Centre

Exploring a new, Virtual Reality...

We're excited to announce this month we'll be integrating Virtual Reality into our Social Support and Active Living Programs.

Thanks to funding from The City of Boroondara Community Strengthening Grants, we have two Meta Quest VR units that we'll be able to use across all our social support programs. Complementing the units is a Wii console that allows people to play together.

Travel to far-flung places, climb a mountain, visit the Louvre, enjoy a sunset or play a game – VR opens a whole new (virtual) world that everyone can enjoy.

VR is a fun and interactive way we can help our seniors enhance their wellbeing and social connections.

It's particularly effective for learning new skills or regaining skills lost over time due to cognitive decline and is being used in the treatment of chronic pain, according to a recent ABC report.

Find out how we'll be using VR at our program launch on Friday, December 9 - all are welcome. RSVP to the office.



Men's exercise group a great way to get your social hit

Have you heard about our Men's Exercise group? It's on Thursdays at 9.30am with Jon.

It's a fun class that's as much about friendship as it is about fitness. It's grown largely from participants bringing a friend along.

The class focuses on overall strength exercises incorporating seating and standing modifications for all fitness levels.

A definite highlight is the generous morning tea provided after - Raymond is famous for putting on a quality spread.

If you'd like to join the group, come along to the next session - there's no need to book.

And don't forget your first session is FREE!

For more information, please call or email the office.

TRAINER TIPS: CONNIE WONG

Make Tai Chi part of your New Year's resolutions. Trainer **Connie Wong** tells how this traditional Chinese practice can benefit your health and wellbeing.



Connie has led our Friday Tai Chi classes since 2008 and has 18 years of experience in the field. With a specialty in Tai Chi for Arthritis, Connie focuses on exercise and movement for independent living. What she enjoys most about working with the Balwyn Evergreen community is being able to "promote independence and enhance the quality of living". So what are Connie's Tai Chi tips for staying active over the December/January period? Mix it up with resistance and cardio.

Move against 'imaginary' resistance while standing on softly bent knees," she says, adding that walking and chatting with friends is just as important.

For mindfulness, Connie recommends deep breathing and rhythm of breathing with arm movements.

And for nutrition? Small portions with each meal!

Join our classes on Friday mornings: 9am (intermediate) and 10am (beginner). Call or email for more information or come along for a free trial.

DAY TRIPS

Tuesday & Thursday Bus Outings

Our **Evergreen Ramblers Program** takes you on a drive around Melbourne's outer metropolitan area every Tuesday, while the **Evergreen Explorer Program** departs fortnightly on Thursdays. Discover or revisit lovely suburbs and townships, stopping to enjoy a lunch together at a selection of restaurants, hotels and taverns that we've hand-picked for you. Transport is arranged, with pick up and drop off at your doorstep, so you simply have to hop on board, get comfortable and enjoy the drive!

Join our Bus Outings

- Weekly on Tuesdays
- Fortnightly on Thursdays
- Pick up from 10am (unless mentioned otherwise)
- Drop off about 3pm
- Transport is \$25
- Lunch costs extra (POA)

Tuesday Weekly Outings

Tuesday, December 6 *Early Start 9.45am

WILLIAMSTOWN: TOUR OF SEAWORKS MARITIME MUSEUM & lunch at CUSTOMSHOUSE HOTEL

Seaworks Maritime Museum is the central point of Williamstown's impressive maritime history. Cost: \$5 entry.

Tuesday, December 13 *Early Start 9.15am

CRANBOURNE BOTANICAL GARDENS TOUR & lunch at BOON WARRUNG CAFE on site

Discover the iconic Australian landscape on an open-air bus tour. Cost: \$12 concession. SOME WALKING INVOLVED.

Tuesday, December 20

BRIGHTON & lunch at BRIGHTON BEACH HOTEL

This is our last outing for 2022. We'll enjoy a scenic drive down by the beach and eat lunch overlooking the bay.

2023 Outings

Tuesday, January 10 *Late start FROM 10.30am

BBQ LUNCH AT BALWYN EVERGREEN CENTRE

BBQ lunch at BEC followed by quizzes and trivia about BEC and Balwyn. Cost of BBQ: \$16 includes salads and dessert. Bus will be at local transport cost \$18

Tuesday, January 17

KALLISTA & lunch at KALLISTA TEA ROOMS

Enjoy lunch at the character-filled Kallista Tea Rooms, which opened its doors on January 1, 1950.

Tuesday, January 24 *Early start 9.45am

GISBORNE & lunch at THE TELEGRAPH HOTEL

Located in picturesque Gisborne, the gateway to the Macedon Ranges, the Telegraph Hotel is a great stop for lunch.

Tuesday, January 31

TOUR OF MONT DE LANCEY HISTORIC HOMESTEAD & lunch at YARRA VALLEY DELI & CAFE

Tour cost: \$12. Explore this historic homestead and enjoy the produce of the Yarra Valley for lunch. WALKING INVOLVED.

Thursday Fortnightly Outings

Thursday, December 1 *Early Start 9am

ARTHUR'S SEAT EAGLE and lunch at EAGLE CAFE on site. SOME WALKING INVOLVED WITH THIS OUTING

The Arthur's Seat Eagle Aerial Gondola is in Arthur's Seat State Park, which is home to a diverse range of native plants and animals. Enjoy the spectacular views of the Mornington Peninsula. Return concession ticket: \$26.50.



Thursday, December 15 *Early Start 9.15am

MYSTERY CHRISTMAS TRIP!

For our last trip of the year, we have a Mystery Trip for you so sit back and enjoy the day. It will be a big surprise and something special so don't miss out on this last opportunity to get out and about with your friends!



Thursday, January 19

WARBURTON & lunch at THREE SUGARS CAFE

Enjoy a drive to beautiful Warburton and the surrounding area, lunch is at the well-known Three Sugars Cafe.



EVERGREEN CLUB

Wednesday Community Luncheons & Concerts

Join our Social Days

- Weekly on Wednesdays
- Luncheons at 12pm
- Entertainment & afternoon tea from 1.15pm to 2.15pm

Join the **Evergreen Club** and connect with old and new friends in our welcoming community. Enjoy a sense of belonging while treating yourself to a three-course meal, a concert with professional entertainers and afternoon tea. We offer a lunch/concert bundle, or you can choose to attend just the lunch or the concert.

Bookings are essential - please call 9836 9681 or email office@balwynevergreen.org.au

Wednesday, December 7

Roast Dinner

Three-Course Lunch:

Entrée: Soup of the day
Main: Roast Beef with vegetables and gravy
Dessert: Fruit crumble served with ice cream

Entertainment & Afternoon Tea:

Performer: Vincent
Afternoon Tea: Scones served with jam and cream



Time: 12pm-2.30pm
Cost: \$20 per person
Booking: Bookings are essential please call 9836 9681 to secure your seat
RSVP: Friday, December 2

Wednesday, December 14

Special Lunch of the Month: Christmas BBQ!

Christmas BBQ – beef burgers, chicken skewers, sausages, tandoori lentil patties, salads and bread.

Dessert: Special Christmas cake
Afternoon Tea: Shortbread biscuits

Time: 12pm-2.30pm
Cost: \$25 per person
Booking: Bookings are essential please call 9836 9681 to secure your seat
RSVP: Friday, December 9



Wednesday, January 18

Welcome Back Lunch!

Pacific Island Lunch to celebrate the New Year

Main: Chicken in coconut milk served with rice a la Futunese
Dessert: Tapioca sweet and Sufuti (banana fritters)

Entertainment & Afternoon Tea:

Entertainment: Surprise! Come and find out on the day.
Afternoon Tea: Fakapaku (Pacific cake)

Time: 12pm-2.30pm
Cost: \$20 per person
Booking: Bookings are essential please call 9836 9681 to secure your seat
RSVP: Friday, January 13

Wednesday, January 25

Special Lunch of the Month: Australia Day BBQ!

Traditional Aussie BBQ!

Followed by pavlova served with seasonal fruit and cream

Entertainment & Afternoon Tea:

Performer: Jimmy Fong
Afternoon Tea: Lamingtons of course!

Time: 12pm-2.30pm
Cost: \$17 per person
Booking: Bookings are essential please call 9836 9681 to secure your seat
RSVP: Friday, January 20



EXERCISE

at Balwyn Evergreen Centre

Exercise and Socialise - come along for a FREE trial

Join our popular exercise classes, led by our dedicated instructors, and enjoy a complimentary morning or afternoon tea with your group and trainer after. All classes are 60 minutes in duration.

Monday	Tuesday	Wednesday	Thursday	Friday
9.15am Zumba Gold <i>with Lisa</i>	9.30am Challenge Your Balance <i>with Simone</i>	10.15am Seated Strength Exercise <i>with Ed</i>	9.30am Men's Exercise <i>with Jon</i>	9am Tai Chi for Intermediates <i>with Connie</i>
10.30am Exercise to Music <i>with Simone</i>	11am Seated Exercise to Music <i>with Simone</i>	10.15am Strength Exercise <i>with Tom</i>	9.45am Movement to Music <i>with Simone</i>	10am Tai Chi for Beginners <i>with Connie</i>
12pm Strength & Balance <i>with Simone</i>	1.45pm Seated Strength Exercise <i>with Simone</i>		2.30pm Meditation & Yoga <i>with Elizabeth</i>	11am Seated Strength Exercise <i>with Ed</i>
	1.45pm Strength Exercise <i>with Tom</i>	Evergreen Gym Studio Small Group Gym Sessions on Thursdays (45 minutes) 11am & 1.15pm. 1:1 sessions available		

Gentle Intensity

- Seated Strength Balance
- Tai Chi for Beginners

Moderate Intensity

- Strength Balance
- Challenge your Balance
- Strength Exercise
- Tai Chi for Intermediates
- Meditation & Yoga

Active Classes

- Zumba Gold
- Exercise to Music
- Men's Exercise
- Movement to Music

Our Trainers...

Meet our team of qualified trainers who bring a wealth of experience and expertise to our exercise program. They're always on hand for a chat to discuss your personal requirements and goals.



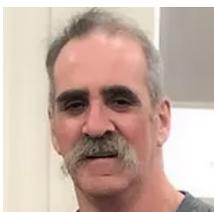
Simone Arndt



Jon North



Elizabeth McKenzie



Tom Scott



Connie Wong



Lisa Paimon



Edward Wakeham

WHAT'S HAPPENING

Venue hire for any occasion

Are you looking for a space to host an event or run a program from?

Our versatile rooms can be hired on a short or long-term basis and suit all occasions including celebrations, concerts, classes, workshops and community groups. The stunning garden setting, bright spaces, excellent facilities and ample parking make BEC the perfect option.

Contact us for bookings or to arrange a tour.



MERCI BEAUCOUP Gabriel Gaté for last month's engaging and emotive talk! His passionate discussion about France and French cuisine was uplifting and inspiring... and made us all a little hungry. We had a wonderful turnout with more than 40 people attending. The morning tea of scones with jam and cream was delicious! Stay tuned for our next guest speaker...

Out and about...

VILLA ALBA MUSEUM, KEW
Our bus outing regulars had a grand old time at the Villa Alba outing recently. The group toured the glorious heritage-listed mansion and the stunning gardens then enjoyed lunch at a local pub after.
Keen to join our next outing?
Check out page 5 for more information and how to book.



Balwyn Evergreen holiday closure

We're closed from Friday, December 23 and will reopen Monday, January 9.

Final Dates for 2022:

- Tuesday outings: 20/12
- Thursday outings: 15/12
- Evergreen Club: 14/12
- Exercise classes: 21/12

Have a safe and relaxing break - see you in 2023!



SUPPORT OUR WORK WITH A DONATION

Balwyn Evergreen Centre is a not-for-profit organisation that relies on donations from our community to run and maintain our programs and services.

We're a registered charity so all donations over \$2 are tax deductible.

Contact us today to arrange a donation. Your generosity is much appreciate.

Hot Weather Policy

As per our policies and procedures, if the temperature is forecast to be 35DegC or hotter, all activities and classes will be cancelled, sometimes with short notice. We'll do our best to keep you updated. If you have any questions or concerns, please get in touch.

Some of our programs are funded by the Commonwealth Home Support Program. Make sure you are registered with My Aged Care to receive social support services through the Commonwealth Home Support Programme (CHSP) before we can provide you with this service.