

August

Activities Calendar - 2024



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

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
						9.30am Men's Exercises *9.30am Movement to Music 11am Senior "Divas" group 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	Active Active Tailored Mod Tailored	10am Tai Chi 11am Seated Strength Exercise 10am-3pm **Social Wellbeing Program	Mod Gentle
5		6		7		8		9	
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training with Bo	Active Mod	9.30am Balance 10am Bus Outing 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 12.15pm Evergreen Community Group Lunch 1.15pm Live Entertainment	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	Active Active Tailored Mod Tailored	10am Tai Chi 11am Seated Strength Exercise 10am-3pm **Social Wellbeing Program	Mod Gentle
12		13		14		15		16	
10.30am Exercise to Music 12pm Strength & Balance	Active Mod	9.30am Balance 9am Bus Outing (early start) 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 12.15pm Evergreen Community Group Lunch 1.15pm Live Entertainment	Gentle Mod Mod	9.30am Men's Exercises *9.30am Movement to Music 11am Senior "Divas" group 11.30am Free talk: Downsizing 11.15am & 1.15pm Gym 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	Active Active Tailored Mod Tailored	10am Tai Chi 11am Seated Strength Exercise 10am-3pm **Social Wellbeing Program	Mod Gentle
19		20		21		22		23	
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training With Bo	Active Mod	9.30am Balance 9am Bus Outing (early start) 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 12.15pm Evergreen Community Group Lunch 1.15pm Live Entertainment	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	Active Active Tailored Mod Tailored	10am Tai Chi 11am Seated Strength Exercise 10am-3pm **Social Wellbeing Program	Mod Gentle
26		27		28		29		30	
10.30am Exercise to Music 12pm Strength & Balance	Active Mod	9.30am Balance 10am Bus Outing 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 12.15pm Evergreen Community Group Lunch 1.15pm Live Entertainment	Gentle Mod Mod	9.30am Men's Exercises *9.30am Movement to Music 11am Senior "Divas" group 11.30am Free talk: Golden Days Radio 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	Active Active Tailored Mod Tailored	10am Tai Chi 11am Seated Strength Exercise 10am-3pm **Social Wellbeing Program	Mod Gentle

LEGEND:
Gentle – Gentle Exercises
Mod – Moderate Intensity
Active – Active Class
Tailored – Customised

***Social Wellbeing Program**
Our Social Wellbeing programs include pick up/drop off, morning tea, an exercise session, three-course lunch followed by afternoon activities and a cuppa.

- Transport to and from Balwyn Evergreen available weekdays
- If you're new to Balwyn Evergreen Centre, your first exercise session is FREE
- *This exercise class is 45 minutes. All other classes are one hour
- **Activities and programs are subject to change/cancellation at short notice

**NEW TO BALWYN
EVERGREEN**

LINE DANCING

**Get moving in this
toe-tapping program**



When: Weekly on Wednesdays

Time: 11.30am-12.30pm

**Notes: Please wear comfortable
clothing and shoes**



MAKE THIS YOUR NEW THING:

- Suits all abilities
- Professional instructor
- Enhance mind and body
- Have a whole lot of fun
- Socialise with a cuppa after

**YOUR
FIRST
CLASS IS
FREE!**

➔ Book your spot at 9836 9681 or office@balwynevergreen.org.au

Refer a friend and enjoy a movie on us!

**We need more stellar volunteers to join
the Aged Care Volunteer Visitors Scheme!**

If you know someone you think would suit this role,
please share their details.

Once they sign up and start visiting, you'll BOTH
receive a double pass to Palace Cinemas!

Volunteer commitment for this scheme is a minimum of one-hour a
fortnight for 12 months. Must be over 18 to apply.



T&Cs: You can refer as many people as you like to the scheme. Your friend
must log one visit for you both to be eligible for the tickets. Offer available
to first five successful referrals. Offer expires November 30, 2024.

**Balwyn Evergreen: 03 9836 9681
volunteer@balwynevergreen.org.au**



Funded by the Australian Government
Department of Health and Aged Care



Keep yourself Flu and Covid safe

With winter here, you can
help protect yourself and
your community by getting
your flu shot and Covid
booster. The shots are free
for people aged 65+.

For up-to-date advice and
information, talk to your GP.

Allied Healthy Podiatry

Appointments
Fridays with
Podiatrist Annie
Hamilton.
A dedicated clinic
for older people.
Call today to book.

Be Connected

Every Australian online

Anything tech
related,
Bo can help.
Book your free
session today!

*Supported by the
Australian Government*

Exercise at Balwyn Evergreen

New to Balwyn
Evergreen?
Come along for a
FREE trial of any of
our classes!

