

December

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		
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education 10am-1pm Physio clinic		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 11am Senior Divas group 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 11.15am Seated Tai Chi 10am-3pm Supported Lifestyle Program 9am-3pm Podiatry clinic	Mod Gentle Gentle
8		9		10		11		12		
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education 10am-1pm Physio clinic		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 Gym Session 2.30pm Meditation & Yoga 1pm-4pm Café drop in	Active Active Tailored Gentle	10am Tai Chi 11am Seated Strength Exercise 11.15am Seated Tai Chi 10am-3pm Supported Lifestyle Program 9am-3pm Podiatry clinic	Mod Gentle Gentle
15		16		17		18		19		
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22		23		24		25		26		
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29		30		31						
CENTRE CLOSED FOR HOLIDAY BREAK			CENTRE CLOSED FOR HOLIDAY BREAK		NEW YEARS EVE CENTRE CLOSED FOR HOLIDAY BREAK		<i>To all our clients, friends, and volunteers... thank you for allowing us to be a part of your family. Have a safe and enjoyable festive season and we'll see you in 2026!</i>			

January Activities Calendar - 2026



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Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
						NEW YEAR'S DAY CENTRE CLOSED FOR HOLIDAY BREAK		CENTRE CLOSED FOR HOLIDAY BREAK	
5		6		7		8		9	
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education 10am-1pm Physio clinic		Active Mod	9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise 1pm-4pm Café drop in	Mod Mod Gentle Mod	10.15 Seated Exercise 10.15 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-4pm Café drop in	Active Active Tailored	10am Tai Chi 11am Seated Strength Exercise 11.15am Seated Tai Chi 10am-3pm Supported Lifestyle Program 9am-3pm Podiatry Clinic
12		13		14		15		16	
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education 10am-1pm Physio clinic		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 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 1pm-4pm Café drop in	Active Active	10am Tai Chi 11am Seated Strength Exercise 11.15am Seated Tai Chi 10am-3pm Supported Lifestyle Program 9am-3pm Podiatry Clinic
19		20		21		22		23	
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education 10am-1pm Physio clinic		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 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 11.15am Seated Tai Chi 10am-3pm Supported Lifestyle Program 9am-3pm Podiatry Clinic
26		27		28		29		30	
CENTRE CLOSED FOR AUSTRALIA DAY PUBLIC HOLIDAY			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 11am Senior Divas group 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 11.15am Seated Tai Chi 10am-3pm Supported Lifestyle Program 9am-3pm Podiatry Clinic

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 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 classes are one hour
- ** Please note time change for this class

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