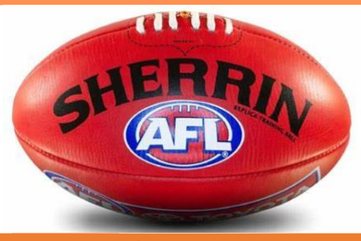
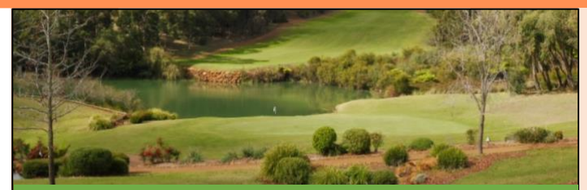
September Activities Calendar - 2022

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

Monday		Tuesday		Wednesday		Thursday		Friday	
						1		**2**	
21st September AFL FOOTY Luncheon BOOK NOW! 				 **8th September outing to Yering Meadows Cafe**		9.30 Men's Exercises 9.45 Movement to Music **11.00 Senior "Divas" group** 11.00 & 1.45 Gym Sessions 1.00 Community Table Tennis 2.30 Mediation & Yoga **10.00- 3pm: Social Wellbeing Program***	Active Active Tailored Mod Tailored	9.00 Tai Chi for Health 10.00 Tai Chi for Balance **11.00 Seated Strength Exercise** **10.00 - 3pm:** ***Social Wellbeing Program**	Mod Gentle Gentle
5		**6**		**7**		**8**		**9**	
9.00 Shopping Bus to Aldi Supermarket 9.15 Zumba Gold 10.30 Exercise to Music 12.00 Strength & Balance **1.30 Digital Training Education**	 Active Active Mod Mod	9.30 Balance Challenge **10.00 Bus outing** **2 outings on offer** (See Newsletter) 11.00 Chairobics 1.45 Seated Exercise 1.45 Strength Exercise	Mod Mod Gentle Mod	10.15 Seated Exercise 10.15 Strength Exercise **12.00 Community Luncheon** 1.15 Live Entertainment followed by afternoon tea	Gentle Mod	9.30 Men's Exercises 9.45 Movement to Music **10.00 Bus outing** (See Newsletter) 11.00 & 1.45 Gym Sessions 1.00 Community Table Tennis 2.30 Mediation & Yoga **10.00- 3pm: Social Wellbeing Program***	Active Active Tailored Mod Tailored	9.00 Tai Chi for Health 10.00 Tai Chi for Balance **11.00 Seated Strength Exercise** **10.00 - 3pm:** ***Social Wellbeing Program**	Mod Gentle Gentle
12		**13**		**14**		**15**		**16**	
9.00 Shopping Bus to Balwyn Woolworths 9.15 Zumba Gold 10.30 Exercise to Music 12.00 Strength & Balance	 Active Mod Mod	9.30 Balance Challenge **10.00 Bus outing** **2 outings on offer** (See Newsletter) 11.00 Chairobics 1.45 Seated Exercise 1.45 Strength Exercise	Mod Mod Gentle Mod	10.15 Seated Exercise 10.15 Strength Exercise **12.00 Community Luncheon** 1.15 Live Entertainment followed by afternoon tea	Gentle Mod	9.30 Men's Exercises 9.45 Movement to Music **11.00 Senior "Divas" group** 11.00 & 1.45 Gym Sessions 1.00 Community Table Tennis 2.30 Mediation & Yoga **10.00- 3pm: Social Wellbeing Program***	Active Active Tailored Mod Tailored	9.00 Tai Chi for Health 10.00 Tai Chi for Balance **11.00 Seated Strength Exercise** **10.00 - 3pm:** ***Social Wellbeing Program**	Mod Gentle Gentle
19		**20**		**21**		**22**		**23**	
9.00 Shopping Bus to Mailing Road 9.15 Zumba Gold 10.30 Exercise to Music 12.00 Strength & Balance **1.30 Digital Training Education**	 Active Active Mod Mod	9.30 Balance Challenge **10.00 Bus outing** **2 outings on offer** (See Newsletter) 11.00 Chairobics 1.45 Seated Exercise 1.45 Strength Exercise	Mod Mod Gentle Mod	10.15 Seated Exercise 10.15 Strength Exercise **12.00 SPECIAL AFL FOOTY Luncheon** 1.15 Live Entertainment followed by afternoon tea	Gentle Mod	9.30 Men's Exercises 9.45 Movement to Music **10.00 Bus outing** (See Newsletter) 11.00 & 1.45 Gym Sessions 1.00 Community Table Tennis 2.30 Mediation & Yoga **10.00- 3pm: Social Wellbeing Program***	Active Active Tailored Mod Tailored	**PUBLIC HOLIDAY** Centre Closed	
26		**27**		**28**		**29**		**30**	
9.00 Shopping Bus to Boccaccio Supermarket 9.15 Zumba Gold 10.30 Exercise to Music 12.00 Strength & Balance	 Active Mod Mod	9.30 Balance Challenge **10.00 Bus outing** **2 Outings on offer** (See Newsletter) 11.00 Chairobics 1.45 Seated Exercise 1.45 Strength Exercise	Mod Mod Gentle Mod	10.15 Seated Exercise 10.15 Strength Exercise **12.00 Community Luncheon** 1.15 Live Entertainment followed by afternoon tea	Gentle Mod	9.30 Men's Exercises 9.45 Movement to Music **11.00 Senior "Divas" group** 11.00 & 1.45 Gym Sessions 1.00 Community Table Tennis 2.30 Mediation & Yoga **10.00- 3pm: Social Wellbeing Program***	Active Active Tailored Mod Tailored	9.00 Tai Chi for Health 10.00 Tai Chi for Balance **11.00 Seated Strength Exercise** **10.00 - 3pm:** ***Social Wellbeing Program**	Mod Gentle Gentle

LEGEND:
Gentle - Gentle Exercises
Mod – Moderate Intensity
Active - Active Class

Shopping Bus – pick up and drop off at your home $18 – Bookings Essential

***Social Wellbeing Program:** Our Social Wellbeing programs include pick up/drop off, morning tea, exercise session, 3 course lunch followed by afternoon activities & a cuppa.

- **Transport to and from the centre available weekdays!**
- **Ask about our memberships (gives you discounts to all activities)**
- **If you're new to Balwyn Evergreen Centre, your first session is FREE**

**Activities Program subject to change at short notice*