

September

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
	1	2	3	4
LEGEND: Gentle – Gentle/Seated class Mod – Moderate Intensity Active – Active Class Tailored – Customised	9am Strength + Balance Circuit Active 9.30am Social Bus Outing 9.30am Challenge Your Balance Mod **10.15am Gym Session Tailored 11.30am Seated Exercise to Music Mod 1.45pm Seated Strength Exercise Mod	10.15am Strength Exercise Mod 10.30am Chatty Cafe 11am Seated Strength Exercise Gentle *11.45am Line Dancing Mod 9.30am-3.30pm Supported Lifestyle Program	*9am Community Bus Outing 9.30am Men's Exercise Active 9.30am Exercise to Music (45 mins) Active **11.15am & 1.15pm Gym Session Tailored 1pm-3.30pm Table Tennis Mod 2.15pm Meditation & Yoga (75 mins) Gentle	9.30am Strength + Balance Circuit Active 10am Tai Chi for Balance Mod 11am Seated Strength Exercise Gentle 11.15am Seated Tai Chi Gentle 9.30am-3.30pm Supported Lifestyle Program
	7	8	9	10
	10.30am Exercise to Music Active 12pm Seated Strength Exercise Mod 1.30pm Digital Training Education **1pm Wiser Driver Course	9am Strength + Balance Circuit Active 9.30am Social Bus Outing 9.30am Challenge Your Balance Mod **10.15am Gym Session Tailored 11.30am Seated Exercise to Music Mod 1.45pm Strength Exercise Mod	10.15am Strength Exercise Mod 10.30am Chatty Cafe 11am Seated Strength Exercise Gentle 11.45am Line Dancing Mod 9.30am-3.30pm Supported Lifestyle Program	9.30am Men's Exercise Active 9.30am Exercise to Music (45 mins) Active 11am Senior Divas group **11.15am & 1.15pm Gym Session Tailored 1pm-3.30pm Table Tennis Mod 2.15pm Meditation & Yoga (75 mins) Gentle
	14	15	16	17
	10.30am Exercise to Music Active 12pm Seated Strength Exercise Mod 1.30pm Digital Training Education **1pm Wiser Driver Course	9am Strength + Balance Circuit Active 9am-12pm Aged Care Navigator 9.30am Social Bus Outing 9.30am Challenge Your Balance Mod **10.15am Gym Session Tailored 11.30am Seated Exercise to Music Mod 1.45pm Strength Exercise Mod	10.15am Strength Exercise Mod 10.30am Chatty Cafe 11am Seated Strength Exercise Gentle 11.45am Line Dancing Mod 9.30am-3.30pm Supported Lifestyle Program	*9am Community Bus Outing 9.30am Men's Exercise Active 9.30am Exercise to Music (45 mins) Active **11.15am & 1.15pm Gym Sessions Tailored 1pm-3.30pm Table Tennis Mod 2.15pm Meditation & Yoga (75 mins) Gentle
21	22	23	24	25
**9am Premium Bus Outing 10.30am Exercise to Music Active 12pm Seated Strength Exercise Mod 1.30pm Digital Training Education **1pm Wiser Driver Course	9am Strength + Balance Circuit Active 9.30am Social Bus Outing 9.30am Challenge Your Balance Mod **10.15am Gym Session Tailored 10.30am-12pm Hearing Clinic 11.30am Seated Exercise to Music Mod 1.45pm Strength Exercise Mod	10.15am Strength Exercise Mod 10.30am Chatty Cafe 11am Seated Strength Exercise Gentle *11.45am Line Dancing Mod 9.30am-3.30pm Supported Lifestyle Program	9.30am Men's Exercise Active 9.30am Exercise to Music (45 mins) Active 11am Senior Divas group **11.15am & 1.15pm Gym Sessions Tailored 1pm-3.30pm Table Tennis Mod 2.15pm Meditation & Yoga (75 mins) Gentle	Centre Closed for Grand Final Eve Public Holiday
28	29	30		
10.30am Exercise to Music Active 12pm Seated Strength Exercise Mod 1.30pm Digital Training Education **1pm Wiser Driver Course	9am Strength + Balance Circuit Active 9.30am Social Bus Outing 9.30am Challenge Your Balance Mod **10.15am Gym Session Tailored 11.30am Seated Exercise to Music Mod 1.45pm Strength Exercise Mod	10.15am Strength Exercise Mod 10.30am Chatty Cafe 11am Seated Strength Exercise Gentle *11.45am Line Dancing Mod 9.30am-3.30pm Supported Lifestyle Program	• 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 Exercise Coordinator Baylee before starting • Activities and programs are subject to change/cancellation at short notice • All other classes are 60 minutes unless stated otherwise • * Please note time change for this class/activity • ** Booking essential for this class/session	

Victorian
Seniors
Festival
2026

CONNECT
CREATE
CELEBRATE



HIGH TEA at Balwyn Evergreen

Thursday, October 8
from 1.30pm-3.30pm

Join us for a
**FREE coffee +
chat about...**



MAKING THE MOST OF YOUR SUPPORT AT HOME PACKAGE

Hosted by Angus Kerr, Principal Social Worker & Aged Care Navigator from LiveWell Care, this informal, small-group session is your chance to really understand your Support at Home package.

When: Thursday, October 29
Time: from 11am-12pm
RSVP: The Office: 9835 9681 /
office@balwynevergreen.org.au

Spaces are limited so please book today! This will be an interactive session, so bring your thoughts and questions!

Balwyn Evergreen, 45 Talbot Ave, Balwyn 3103

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

Let's celebrate the 2026 Victorian Seniors Festival
with our famous High Tea!
Featuring the fabulous Dame Cara Lynn, delicious
food and a welcome glass of bubbles on arrival.

Cost: \$25 per person
RSVP: Friday, October 2 at 4pm
Tickets: Pre-purchase at the office
Contact: office@balwynevergreen.org.au or
9836 9681

Tickets must be pre-purchased to secure your booking.
Local transport is available on request at an additional cost.

We look forward to seeing you there

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

