

## Time flies when you have a lot on

### Welcome to the May edition of Evergreen Connections

And just like that, we're heading into a new month and are almost halfway through the year! Autumn is finally making itself known, with its dazzling display of colour and dropping temperatures. We find the best way to stay warm is to keep moving - and you can start by leafing through our newsletter!

There's plenty to enjoy and a few things to put in your calendar. Volunteer Coordinator, Tania, says hello on page 2, and we celebrate National Volunteer Week on page 3 with a spotlight on Cam and Jessie.

Exercise Coordinator, Baylee, has some walking tips on page 6, and we preview our Falls Prevention Program on page 4.

We've also got a few information sessions in the calendar - Falls Prevention Program preview on May 27 and a Planning Ahead session with Seniors Rights Victoria on June 4.

There's all that plus a whole lot more! Put the kettle on and enjoy.

As always, we look forward to seeing you soon!

- The Balwyn Evergreen Centre Team

### A little bit of housekeeping...

Just a reminder for all clients to please check in with the office before your class or activity. This ensures we have accurate numbers recorded and that we know who's on the premises in case of an emergency. We also need all clients to update us on any changes to their personal details or medical advice. You can update your details by completing a Client Information Form or by contacting the office directly. If you have any questions, please don't hesitate to ask.



## An outing of historic proportions

Have you been to the historic Mont de Lancy homestead in the Yarra Valley? Our Outings Crew has, and they highly recommend it. The staff and volunteers there were fantastic and very passionate - if you're looking for a touch of history in stunning surroundings, then definitely check them out!

There's so much to see and do in and around Melbourne, and we're having a fantastic time visiting all sorts of destinations.

**To find out more about our extended Outings Program, please contact the office.**

## Events & Info Sessions

### Aged Care Navigator Sessions

Tuesday, May 5

Tuesday, July 7

9am-12pm

*Have a free chat about all things aged care with council's Aged Care Navigator. Book your 30 minute session at the office.*

### Falls Prevention Info Session

Wednesday, May 27

1.30pm-2.30pm

*Exercise Coordinator Baylee Eastham will present on our 10-week Falls Prevention course that's set to start in June. Info on page 4.*

### Planning Ahead with Seniors Rights Victoria

Thursday, June 4

from 11.30am-1pm

*Learn about financial and personal enduring powers of attorney, and medical treatment decision making and advance care plan in this comprehensive session.*

*All events and information sessions are free to attend unless stated otherwise. Please book your spot with the office and check in with the office upon arrival.*



# NEWS CORNER

Updates From the Balwyn Evergreen Community

## Welcome to the community, Tania!

*We're excited to welcome Tania Kennintgon to Balwyn Evergreen as Volunteer Coordinator. Tuesday to Thursday. She's penned a few words to introduce herself...*

Hi all, I'm Tania, the new Volunteer Program Coordinator. In my first few weeks, I've had the pleasure of meeting many of you, and I'm looking forward to getting to know more of you over time.

My background in volunteer management comes from my time at Ambulance Victoria, where I spent five years supporting regional and rural volunteers. I worked alongside teams who fundraised for essential equipment and helped promote and advocate for ambulance services across their communities. It was a rewarding role, contributing to the vital work of our paramedics.

Joining BEC has been a joy so far. I've boogied in a dance class, enjoyed animated chats with the Senior Divas, and helped serve scones to the hungry Thursday morning hoards. I'm continually impressed by our dedicated volunteers—and I must admit, I'm a little envious watching the drivers head off on day outings. I hope to sneak aboard one day! Outside of BEC, I work at a plant nursery and enjoy time with my three adult daughters, walking my dog Louie, cooking, pilates and gardening.



Tania Kennington

## Planning ahead with Seniors Rights Victoria

To mark World Elder Abuse Awareness Day, on June 15, we'll be running a FREE Planning Ahead information session.

Delivered by Gary Ferguson from Seniors Rights Victoria (SRV), the session will cover:

- Financial and personal enduring powers of attorney, and
- Medical treatment decision making and advance care plan

There will also be time to ask questions, and materials will be provided to takeaway.

SRV provides free information, support, advice and education to help prevent elder abuse and safeguard the rights, dignity and independence of older people.

***This session is on Thursday, June 4 from 11.30am-1pm. Please RSVP to the office.***

## Lasting Open Day memories

Like presents on Christmas morning, the trove of photographic treasures captured by the Camberwell Camera Club is a delight to behold. They've portrayed our Open Day brilliantly, with all the colour, warmth and community that made up the day. A huge thank you to the CCC team for volunteering their talents and translating our Open Day into pictures. To view the events gallery, scan the QR code or visit: [balwynevergreen.org.au/events-gallery](http://balwynevergreen.org.au/events-gallery)



# SPOTLIGHT

National Volunteer Week

National **Volunteer** Week  
18-24 MAY 2026  
YOUR YEAR TO VOLUNTEER

This month, we're casting the spotlight on our volunteers, who make the wheels at Balwyn Evergreen turn.

We talk to **Cameron Seidel** and **Jessie Lim** about their volunteering journey with us.

From shared meals to bus runs, exercise set ups, social catch ups with members and the quiet jobs that keep everything humming, Balwyn Evergreen Centre is recognising the volunteers whose care helps older people feel welcome, supported and connected.

This National Volunteer Week (May 18-24), Balwyn Evergreen is celebrating the people who give their time in ways both visible and quietly powerful, helping create the warmth, rhythm and sense of belonging that sits at the heart of the centre.

This year's theme, 'Your Year to Volunteer', is a fitting reminder that volunteering can take many forms and that every contribution matters.

Balwyn Evergreen CEO, Tina Hogarth Clarke, said volunteers are central to the organisation's identity and to the everyday experience of the people who walk through its doors.

"Balwyn Evergreen was founded by volunteers more than 68 years ago, and that spirit still carries through today. We are here to help older people stay active, connected and well, and that simply would not happen without the generosity and care of our volunteers."

Among those being recognised this National Volunteer Week are Jessie Lim and Cameron Seidel, two volunteers whose roles look very different, yet both speak to the same spirit of practical kindness and community care.

On Mondays and Fridays, Jessie helps as a dining assistant and cook, creating a welcoming atmosphere around mealtimes and supporting the flow of the day with calm care and a generous presence.

"For me, volunteering is about bringing people together," Jessie says.



"I love seeing people sit down, enjoy a meal and have a good chat. Even small moments can make someone feel seen and included, and that is what I really love about being here."

Cameron is one of those volunteers whose impact can be felt across the whole centre. He helps with driving, exercise set up and event support, while also taking care of the practical jobs that keep things running smoothly, from taking the bins out to sweeping the front entrance.

"Having left behind the corporate world in late 2022 and after taking a gap break, my sister, an aged care nurse, suggested volunteering. Being a local boy, signing up as a minibus driver with the Balwyn Evergreen Centre suited perfectly and has been far more positive and liberating than I could have imagined.

Sharing stories and having meaningful conversations with passengers, other volunteers, and the wonderful, caring staff at Balwyn Evergreen has also brought new social connections and a deeper sense of community, Cameron said.

"What has really struck me, though, is that finding personal happiness as a volunteer has been a most effectual contribution to the happiness of others."

Tina said Jessie and Cameron reflect the many different ways volunteers enrich life at Balwyn Evergreen.

"Together, they show that community is built through all sorts of acts of care, some big, some quiet, all of them important."

"National Volunteer Week is a chance to say thank you, but it is also an invitation. If you have time, heart and a willingness to be part of something meaningful, there is a place for you here."

# HEALTH & WELLBEING

Healthy Ageing with Balwyn Evergreen

## Coming soon: Falls Prevention and Balance Program

Our Exercise Coordinator Baylee, has been working on a structured 10-week falls and balance program that we aim to launch in June. The group-based program is designed to improve balance, strength, and confidence in older people, reducing the risk of falls and supporting independent living.

As an Accredited Exercise Physiologist, Baylee has plenty of knowledge and experience in the falls space.

**Join us for a special Information Session with Baylee on Wednesday, May 27, from 1.30pm-2.30pm**

Before you sign up, find out what the Falls Prevention course is all about! Baylee will discuss the course structure, how it will be delivered, and most importantly, the benefits to you! If you're not sure if this program is right for you, come along anyway to find out more.

*This session is free to attend, but please book with the office.*



Baylee Eastham

## SHNC weekly Community Pantry a lifeline for locals

Surrey Hills Neighbourhood Centre runs a weekly Community Pantry for locals experiencing food insecurity. We're pleased to have partnered with them to share our excess fresh food that we receive from FoodFilled.

This not only helps people take the pressure off their grocery bills, but it also saves food from landfill. If you'd like to donate groceries, please drop them into SHNC directly, or if you know of someone who could benefit from this service, please let them know.

**The Community Pantry runs each Thursday from 10.45am-11.15am at Surrey Hills Neighbourhood Centre, 157 Union Road, Surrey Hills. For more information, visit: [surreyhillsnc.org.au](http://surreyhillsnc.org.au)**



## Learning new things with The Divas in May

There's always something going on with The Senior Divas. This ladies-only group meets fortnightly on a Thursday to catch up over lunch and enjoy a guest speaker and other activities.

Join us on Thursday, May 21, for a makeup workshop! This interactive experience will be delivered by Rageism Beauty and includes demonstrations of the makeup they recommend for mature skin, plus handy tips for sensitive skin and redness.

If you've never been to Divas, but have been meaning to find out more, this workshop is a great icebreaker!

**For more information and to book, please contact the office.**

## FOOD FOR THOUGHT

*with Ruby Cheung*

Maintaining good oral health is essential for overall wellbeing, especially as we age.

Gum disease is a common condition

among older people, affecting more than 70 per cent of us by age 65. It is caused by inflammation from dental plaque, leading to gum recession, bone loss, and even tooth loss if untreated. Diet plays an important role.

A pro-inflammatory diet -high in carbohydrates and saturated fats, and low in fibre and vegetables - can increase the risk of gum disease.

In contrast, a balanced diet rich in fruits, vegetables, fibre, and healthy fats helps reduce inflammation and supports gum health.

Studies also show that some poor dietary habits may also increase the risk of oral cancer.

Higher alcohol consumption and low intake of non-starchy vegetables can reduce antioxidant intake (such as vitamins C and E), which are important for protecting cells.

Poor oral health can lead to pain, infection, and tooth loss, making it difficult to chew food and worsening nutritional intake.

Regular dental check-ups, good oral hygiene, and a healthy, balanced diet are key steps to maintaining both oral health and overall quality of life.

If you have any questions or concerns about your oral health, please talk to your dentist.

**Ruby Cheung is a registered nutritionist who has a Master's in Nutrition and Population Health who has been volunteering with Balwyn Evergreen for several years. Before making any significant dietary changes or if you are worried about your health, please consult your doctor.**



# DAY TRIPS

A Month's Worth of Bus Outings

## Enjoy a day out with friends

Keep your social connections strong with Balwyn Evergreen's popular Bus Outings Program, for people aged 65+ who are up for new experiences.

Bookings essential - please contact 9836 9681 or [office@balwynevergreen.org.au](mailto:office@balwynevergreen.org.au).

Ask us about the extended Outings Newsletter, which gives you a sneak peek up to June 2026.

- Pick up from 9.30am (unless otherwise stated)
- Drop off around 4pm
- COST: \$28 (CHSP assessed + approved), \$36 non-assessed. Lunch and tours are an additional cost
- Please advise of food allergies or dietary requirements
- Outings require a minimum of six people to go ahead
- Failure to notify of cancellation of booking by 9am on the day will incur a cancellation fee

## Weekly Social Outings

Enjoy a day out with friends as part of our weekly Outings Crew!

### Tuesday, May 5

**KINGLAKE:** Kinglake Pub

With the national park on its doorstep, it's no wonder that Kinglake is a popular tourist destination.

We'll enjoy the winding drive and treed surrounds before heading to the Kinglake Pub for lunch.

This local landmark is over 100 years old and has a rich history, warm country charm and hearty menu.

### Tuesday, May 12

**MORNINGTON:** Mornington Steeples

One of our most popular outing destinations, Mornington, with its mix of surf, scenery and social, is the complete package.

Lunch is at the Steeples, which offers reimagined pub fare. A trip to the beach is a must, so don't forget your hats!

### Tuesday, May 19

**OFFICER:** Club Officer

Nestled in Melbourne's outer south-east, Officer is usually just a place you drive through.

But with Raymond's inside knowledge, we're going to spend some time and find out a little more.

Lunch is at Club Officer, which has a great selection of seniors' meals.

### Tuesday, May 26

**SUNBURY:** Royal Hotel Sunbury

Notable for having important Aboriginal archaeological sites and being the birthplace of The Ashes, Sunbury offers plenty to ponder.

We'll take in the main street and enjoy the historic outlook, before heading to the popular Royal Hotel Sunbury for a classic pub lunch.

## Fortnightly Community Outings

For people who enjoy active and engaging experiences beyond our Tuesday offerings.

### Thursday, May 14

**ST PAUL'S CATHEDRAL**

Spend some time in the iconic St Paul's Cathedral, which echoes the grand cathedrals of Europe. We'll learn all about this spiritual hub, its history and its stories during the one-hour guided tour.

Don't miss this opportunity to explore this Melbourne landmark.

Lunch is at Riverland overlooking the Yarra.

**ENTRY & TOUR: \$5 donation**

### Thursday, May 28

**RED HILL CAFE AND WINE BAR**

Famed for fresh produce and views for miles, Red Hill is a must for any day tripper.

Lunch is at the popular Red Hill Cafe & Wine Bar, which has an extensive new menu.

We'll also peruse the main street and head to the beach for a dose of sea air.

## Monthly Premium Outing

Treat yourself to something extra special with our monthly Premium Outing option!

### Monday, May 11

**DAME NELLIE MELBA HOUSE TOUR**

**EARLY START 8.30AM SHARP**

Immerse yourself in the life of iconic soprano Dame Nellie Melba at the exquisite Coombe Estate in Coldstream. The guided tour of the cottage and gardens will reveal all sorts of insight into the history of the property, which was part of Dame Nellie's family for more than a century.

**COST: \$35 for Devonshire Tea (10am) and tour, or \$18 for tour only (11am)**



## Step into May with Balwyn Evergreen

**with Baylee Eastham**

It's National Walking Month! As the cooler weather rolls in, it's more important than ever to keep moving, and walking is one of the simplest, safest, and most enjoyable ways to do just that.

The health and wellbeing benefits of walking are truly endless. A gentle stroll can help keep your heart strong, improve circulation, support joint flexibility, and even boost your mood. Many clients find that a regular walk helps with balance and coordination, which can make everyday movements feel easier and more confident. It's also a wonderful way to clear the mind, reduce stress, and enjoy a sense of calm.

Walking doesn't have to be fast or far to be beneficial. Even a short wander around the garden, courtyard, or nearby streets can make a meaningful difference. If you're new to walking outdoors, start small and build up over time; every step counts!

Why not make walking a social activity this month? Invite a friend or plan a regular catch-up with family. A stroll, paired with a good chat (and perhaps a warm coffee along the way), can be just as uplifting as the exercise itself.

Spending time outdoors also has its own special magic. Fresh air, sunshine, and greenery can lift your spirits and help you feel more connected to the world around you.

It goes without saying that your safety and comfort always come first! If you use a walking stick, a frame, or another mobility aid, be sure to bring it along; it's there to support you! Choose comfortable, supportive shoes, dress warmly in layers, watch out for slippery sidewalks, and take your time.

Remember, staying active in winter helps maintain strength, independence, and overall wellbeing. So, this May, let's step out together, breathe in the fresh air, and enjoy all the benefits that walking has to offer. Happy walking!

**Baylee Eastham is Balwyn Evergreen's Exercise Coordinator and an Accredited Exercise Physiologist. To find out more about our exercise programs, or to book a time to chat with Baylee please contact the office.**

## Rattling the can for cancer

The Biggest Morning Tea campaign, run during May and June, helps Cancer Council raise much needed funds that go towards vital cancer research, support services, prevention programs, and advocacy. We'll be chipping in with a little fundraiser of our own... For the week beginning May 18, we'll be collecting coins for cancer research at each program or activity via the coffee machine and donation box. Please consider donating in person or scan the QR code above to donate online. Thank you!



## Aged Care Navigation times

Book a time to meet with Council's Aged Care Navigator at Balwyn Evergreen on:

- Tuesday, May 5, from 9am-12pm
- Tuesday, July 7, from 9am-12pm

Book your 30-minute appointment at the office - 9836 9681 or

[office@balwynevergreen.org.au](mailto:office@balwynevergreen.org.au). Please arrive five minutes before your appointment and check in at the office.

For more information about the Aged Care Navigation service, visit [boroondara.vic.gov.au/aged-care-navigation](http://boroondara.vic.gov.au/aged-care-navigation)

## Pathway to reconciliation

National Reconciliation Week (May 27- June 3) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. Balwyn Evergreen Centre acknowledges the Wurundjeri people who are the Traditional Custodians of the land on which we work and their connections to land, sea and community. We pay our respects to their Elders, past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples.

# EXERCISE & SOCIALISE

Your Ticket to Staying Fit & Well

Join our popular classes, led by dedicated instructors, and enjoy a social morning or afternoon tea with your group and trainer afterwards.

If you're new to exercise with us, your first class is FREE!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>10.30am</b> Exercise to Music with Jo G</p>	<p><b>9am</b> Women's Cross Training with Baylee</p>	<p><b>10.15am</b> Strength Exercise with Tom</p>	<p><b>9.30am</b> Men's Exercise with Tom</p>	<p><b>9.30am</b> Women's Cross Training with Baylee</p>
<p><b>12pm</b> Seated Strength Exercise with Baylee</p>	<p><b>9.30am</b> Challenge Your Balance with Denise</p>	<p><b>10.45am</b> Seated Strength Exercise with Baylee</p>	<p><b>9.30am</b> Movement to Music with Jo M <b>**45 minute class**</b></p>	<p><b>10am</b> Tai Chi with Lilei</p>
	<p><b>11.30am</b> Seated Exercise to Music with Jo M</p>	<p><b>11.30am</b> Line Dancing with Jo C</p>	<p><b>1pm-3.30pm</b> Table Tennis self run</p>	<p><b>11am</b> Seated Strength Exercise with Yanmei</p>
	<p><b>1.45pm</b> Seated Strength Exercise with Baylee</p>		<p><b>2.30pm</b> Meditation &amp; Yoga with Elizabeth</p>	<p><b>11.15am</b> Seated Tai Chi with Lilei</p>
	<p><b>1.45pm</b> Strength Exercise with Tom</p>			

## Legend

Gentle

Moderate

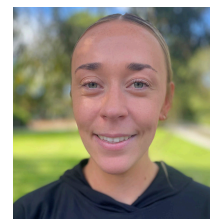
Active

## Cost of Group Classes

\$12 CHSP assessed and approved  
\$16 non assessed

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

**For more information, please contact our Exercise Coordinator, Baylee.**



Baylee Eastham



Denise Mokasdi

## Balwyn Evergreen Gym

Small group sessions (45 mins)  
Tuesdays 10.15am

Thursdays 11am & 1.15pm

Max 4 people per session

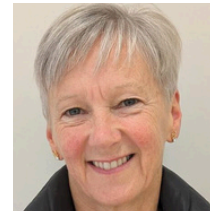
Limited 1:1 EP sessions with Baylee  
Bookings essential!

## Find the right class for you!

Before you get started with your exercise plan, book a time to meet with Exercise Coordinator Baylee to make sure you're medically cleared to participate. This ensures you get the most out of your program.



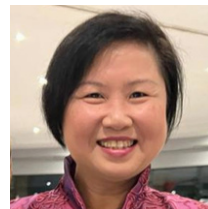
Yanmei Chen



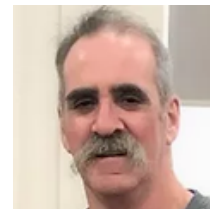
Jo Morris



Jo Golds



Lilei Enright



Tom Scott



Elizabeth Mackenzie

## Notes

- Please check the online Activities Calendar for any timetable changes
- Make sure you wear appropriate footwear. Sandals are not permitted

# WHAT'S HAPPENING

## Cooking up connections

Tan, one of our wonderful kitchen volunteers, is all smiles while preparing a dessert of poached pears for our Supported Lifestyle Program. Each week, we receive a delivery from the food rescue organisation, FoodFilled, and our volunteers work together to put it to good use in our programs.

**We're currently looking for a cook who enjoys home-style cooking to join our team of volunteers on a Wednesday or Friday. If this sounds like you or someone you know, please contact our Volunteer Coordinator, Tania.**



## CYBER SNIPPETS

with **Bo Cui**

By enabling two-factor authentication, creating strong passwords, staying alert for phishing emails and regularly checking your accounts, you'll greatly reduce the chance of falling victim to cyberattacks and scams.



### Need more help, or want to report a scam?

- Visit the Scamwatch website for the latest alerts and reporting tools
- Contact IDCARE if you suspect identity theft
- Check the eSafety Commissioner website for more tips and resources for seniors
- Ask Balwyn Evergreen for help
- If you feel you've been threatened, call the police on 000 in an emergency, or contact your local station for non-emergencies

By staying informed, sharing these tips with family and friends, and using trusted resources, you'll continue to build your online confidence.

**Bo Cui is the Operations Lead at Balwyn Evergreen and also our resident tech whizz. He runs the Be Connected digital training program that offers regular 1:1 sessions on whatever tech problems are irking you.**

**To book with Bo, please contact the office.**

## Hire our space for your next event

Balwyn Evergreen has had a spectacular facelift, and our revamped spaces are available for hire! Whether you're looking to host a one-off event or find a new home for a regular group, our versatile rooms could be the answer to your 'where can I find a great venue?' problem.

**For more information and to arrange a tour, contact [hire@balwynevergreen.org.au](mailto:hire@balwynevergreen.org.au).**

## Heading away? send us a text!



You can now contact us by text message to let us know of any illness or planned absences. Make sure you include your name and relevant details. This is a text-only service, please don't call this number. If you'd like us to call you back, please state this in the message.

**Mobile: 0451 516 079**

## Get your flu shot

Flu vaccines are now available and are free for people aged 65+. As a reminder, if you have any cold or flu symptoms, please stay home. This helps to keep our staff and clients well.



## Support our work with a donation



As a not-for-profit organisation and registered charity, we rely on donations from our community to keep the wheels at Balwyn Evergreen turning. If you're able to, please consider making a donation – all contributions go towards supporting the delivery of our programs and services that, in turn, support our community. Donations over \$2 are tax deductible and an official receipt will be provided. Thanks for your support!

## Transport policy

As a reminder, we require written or verbal notification of cancellation of our local transport and outing services by 9am on the day of the booking. Failure to notify us will incur a cancellation fee.

## Update your details

Make sure you let the office know if there are any changes to your personal details.

## Join our mailing list

Enjoy our newsletter online by signing up to our mailing list either by contacting the office or on our website!

## Connect with us



@balwyn\_evergreen



'Balwyn Evergreen Centre'



'Balwyn Evergreen Centre'