

# November

## 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                                                                                                                                                                                                                              |  |
|--------------------------------------------------------------------------------------------------------------------------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| 3                                                                                                                              |  | 4                                                                                                                                                                               |  | 5                                                                                                                                                                     |  | 6                                                                                                                                                                                                                                                                                             |  | 7                                                                                                                                                                                                                                   |  |
| 10.30am Exercise to Music<br>12pm Seated Strength                                                                              |  | Active<br>Mod<br><br><b>CENTRE CLOSED FOR PUBLIC HOLIDAY</b>                                                                                                                    |  | 10.15am Seated Exercise<br>10.15am Strength Exercise<br><b>11.30am Line Dancing</b><br><b>10am-3pm Supported Lifestyle Program</b>                                    |  | Gentle<br>Mod<br>Mod<br><br>9.30am Men’s Exercises<br>*9.30am Movement to Music<br><b>11am Senior Divas group</b><br>11.15am & 1.15pm Gym Sessions<br><b>1pm-3.30pm Table Tennis</b><br>2.30pm Meditation & Yoga<br><b>1pm-4pm Café drop in</b>                                               |  | Active<br>Active<br><br>Tailored<br>Mod<br>Gentle<br><br>10am Tai Chi<br>11am Seated Strength Exercise<br><b>10am-3pm Supported Lifestyle Program</b><br><b>9am-3pm Podiatry clinic</b>                                             |  |
| 10                                                                                                                             |  | 11                                                                                                                                                                              |  | 12                                                                                                                                                                    |  | 13                                                                                                                                                                                                                                                                                            |  | 14                                                                                                                                                                                                                                  |  |
| 10.30am Exercise to Music<br>12pm Seated Strength<br><b>1.30pm Digital Training Education</b><br><b>10am-1pm Physio clinic</b> |  | Active<br>Mod<br><br><b>9.30am Bus Outing</b><br>9.30am Balance<br>11.30am Seated Exercise<br>1.45pm Seated Strength<br>1.45pm Strength Exercise<br><b>1pm-4pm Café drop in</b> |  | Mod<br>Mod<br>Gentle<br>Mod<br><br>10.15am Seated Exercise<br>10.15am Strength Exercise<br><b>11.30am Line Dancing</b><br><b>10am-3pm Supported Lifestyle Program</b> |  | Gentle<br>Mod<br>Mod<br><br>9.30am Men’s Exercise<br>*9.30am Movement to Music<br>11.15am & 1.15pm Gym Sessions<br><b>1pm-3.30pm Table Tennis</b><br>2.30pm Meditation & Yoga<br><b>1pm-4pm Café drop in</b><br><b>2.30pm Play Reading in the Cafe</b>                                        |  | Active<br>Active<br>Tailored<br>Mod<br>Gentle<br><br>10am Tai Chi<br>11am Seated Strength Exercise<br><b>10am-3pm Supported Lifestyle Program</b><br><b>9am-3pm Podiatry clinic</b>                                                 |  |
| 17                                                                                                                             |  | 18                                                                                                                                                                              |  | 19                                                                                                                                                                    |  | 20                                                                                                                                                                                                                                                                                            |  | 21                                                                                                                                                                                                                                  |  |
| 10.30am Exercise to Music<br>12pm Seated Strength<br><b>1.30pm Digital Training Education</b><br><b>10am-1pm Physio clinic</b> |  | Active<br>Mod<br><br><b>9.30am Bus Outing</b><br>9.30am Balance<br>11.30am Seated Exercise<br>1.45pm Seated Strength<br>1.45pm Strength Exercise<br><b>1pm-4pm Café drop in</b> |  | Mod<br>Mod<br>Gentle<br>Mod<br><br>10.15am Seated Exercise<br>10.15am Strength Exercise<br><b>11.30am Line Dancing</b><br><b>10am-3pm Supported Lifestyle Program</b> |  | Gentle<br>Mod<br>Mod<br><br>9.30am Men’s Exercises<br>*9.30am Movement to Music<br><b>10.30am-12pm FREE Hearing Clinic</b><br><b>11am Senior Divas group</b><br>11.15am & 1.15pm Gym Sessions<br><b>1pm-3.30pm Table Tennis</b><br>2.30pm Meditation & Yoga<br><b>1pm-4pm Café drop in</b>    |  | Active<br>Active<br><br>Tailored<br>Mod<br>Gentle<br><br>10am Tai Chi<br><b>11.15am Seated Tai Chi FREE TRIAL</b><br>11am Seated Strength Exercise<br><b>10am-3pm Supported Lifestyle Program</b><br><b>9am-3pm Podiatry clinic</b> |  |
| 24                                                                                                                             |  | 25                                                                                                                                                                              |  | 26                                                                                                                                                                    |  | 27                                                                                                                                                                                                                                                                                            |  | 28                                                                                                                                                                                                                                  |  |
| 10.30am Exercise to Music<br>12pm Seated Strength<br><b>1.30pm Digital Training Education</b><br><b>10am-1pm Physio clinic</b> |  | Active<br>Mod<br><br><b>**9am Bus Outing</b><br>9.30am Balance<br>11.30am Seated Exercise<br>1.45pm Seated Strength<br>1.45pm Strength Exercise<br><b>1pm-4pm Café drop in</b>  |  | Mod<br>Mod<br>Gentle<br>Mod<br><br>10.15am Seated Exercise<br>10.15am Strength Exercise<br><b>11.30am Line Dancing</b><br><b>10am-3pm Supported Lifestyle Program</b> |  | Gentle<br>Mod<br>Mod<br><br>9.30am Men’s Exercise<br>*9.30am Movement to Music<br>11.15am & 1.15pm Gym Sessions<br><b>1pm-3.30pm Table Tennis</b><br>2.30pm Meditation & Yoga<br><b>1pm-2pm Chatty Café catch up</b><br><b>1pm-4pm Café drop in</b><br><b>2.30pm Play Reading in the Cafe</b> |  | Active<br>Active<br>Tailored<br>Mod<br>Gentle<br><br>10am Tai Chi<br>11am Seated Strength Exercise<br><b>10am-3pm Supported Lifestyle Program</b><br><b>9am-3pm Podiatry clinic</b>                                                 |  |

**Notes**

- Transport to and from Balwyn Evergreen available weekdays (cost applies)
- If you’re new to Balwyn Evergreen, your first exercise session is FREE
- Activities and programs are subject to change/cancellation at short notice
- Check the newsletter for more information on highlighted activities
- \*This exercise class is 45 minutes. All other exercise classes are 60 minutes
- \*\* Please note time change for this class/program

**LEGEND:**

- Gentle – Gentle/Seated class
- Mod – Moderate Intensity
- Active – Active Class
- Tailored – Customised

**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**



# Allied Health at Balwyn Evergreen



## Physiotherapy

With Erin Van Graan



A personalised experience treating anything from arthritis, tendonitis, sciatica, to post-surgical recovery.

**Mondays from 10am-1pm**  
**30-minute initial consult: \$144**  
**20-minute standard consult: \$112**  
**Balwyn Evergreen Clinic**

This service is provided in partnership with Elevate Physio and Pilates in Balwyn.

Erin is passionate about providing the best possible service that has a personal approach, and is holistic and effective.



Erin Van Graan

## Podiatry

With Annie Hamilton

Addressing common issues, including overall foot care, nail care, callous removal and full diabetic assessments.

**Fridays from 9am-3pm**  
**Standard consult: \$80**  
**Balwyn Evergreen Clinic**

Annie is an experienced podiatrist and critical care nurse with more than 20 years of experience in the sector.



Annie Hamilton

*Both services might be able to be claimed on private health insurance, Medicare or your Support at Home package. Please check with your fund/package before signing up.  
Balwyn Evergreen door-to-door transport service available upon request - additional cost applies.*

For more information and to book: 03 9836 9681 / [office@balwynevergreen.org.au](mailto:office@balwynevergreen.org.au)

Get your hearing checked at our...

**FREE**



## Hearing Clinic

**Thursday, November 20**  
**From 10.30am-12pm**  
**At Balwyn Evergreen clinic**



With Weicen Yan,  
Principal Audiologist  
at NeuroHearing  
in Canterbury



**Free 15-minute appointment covers...**

- Hearing loss screening
- Hearing aid cleaning
- Hearing aid troubleshooting
- Earwax checks

Book an appointment with the Balwyn Evergreen office  
9836 9681 or [office@balwynevergreen.org.au](mailto:office@balwynevergreen.org.au)

Six appointments available - choose your timeslot!  
Please arrive 5 minutes before your appointment and check in with the office

## Evergreen Connections

Making a difference in the lives of older people one friendship at a time. To find out more and to get involved contact Balwyn Evergreen



## 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!



# 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 Raymond or the office know and we'll do the rest!

**9836 9681 / [office@balwynevergreen.org.au](mailto:office@balwynevergreen.org.au)**

