

June 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

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



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 10.30am Exercise to Music 12pm Seated Strength Exercise 1.30pm Digital Training Education	2 9am Women’s Strength + Balance 9.30am Social Bus Outing 9.30am Challenge Your Balance ***10.15am Gym Session 11.30am Seated Exercise to Music 1.45pm Seated Strength Exercise 1.45pm Strength Exercise	3 10.15am Strength Exercise **11am Seated Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	4 9.30am Men’s Exercise *9.30am Exercise to Music 11am Senior Divas group ***11.15am & 1.15pm Gym Session 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	5 9.30am Women’s Strength + Balance 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 10am-3pm Supported Lifestyle Program	
8 CENTRE CLOSED FOR KING’S BIRTHDAY PUBLIC HOLIDAY	9 9am Women’s Strength + Balance 9.30am Social Bus Outing 9.30am Challenge Your Balance ***10.15am Gym Session 11.30am Seated Exercise to Music 1.45pm Seated Strength Exercise 1.45pm Strength Exercise	10 10.15am Strength Exercise **11am Seated Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	11 9.30am Community Bus Outing 9.30am Men’s Exercise *9.30am Exercise to Music ***11.15am & 1.15pm Gym Session 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	12 9.30am Women’s Strength + Balance 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 10am-3pm Supported Lifestyle Program	
15 10.30am Exercise to Music 12pm Seated Strength Exercise 1.30pm Digital Training Education	16 9am Women’s Strength + Balance 9.30am Social Bus Outing 9.30am Challenge Your Balance ***10.15am Gym Session 11.30am Seated Exercise to Music 1.45pm Seated Strength Exercise 1.45pm Strength Exercise	17 10.15am Strength Exercise **11am Seated Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	18 9.30am Men’s Exercise *9.30am Exercise to Music 11am Senior Divas group ***11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	19 9.30am Women’s Strength + Balance 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 10am-3pm Supported Lifestyle Program	
22 9.30am Premium Bus Outing 10.30am Exercise to Music 12pm Seated Strength Exercise 1.30pm Digital Training Education ***2pm Falls Prevention Program	23 9am Women’s Strength + Balance 9.30am Social Bus Outing 9.30am Challenge Your Balance ***10.15am Gym Session 11.30am Seated Exercise to Music 1.45pm Seated Strength Exercise 1.45pm Strength Exercise	24 ***9.30am Falls Prevention Program 10.15am Strength Exercise **11am Seated Strength Exercise **11.45am Line Dancing 10am-3pm Supported Lifestyle Program	25 9.30am Community Bus Outing 9.30am Men’s Exercise *9.30am Exercise to Music 11am Senior Divas group ***11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	26 9.30am Women’s Strength + Balance 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 10am-3pm Supported Lifestyle Program	
29 10.30am Exercise to Music 12pm Seated Strength Exercise 1.30pm Digital Training Education ***2pm Falls Prevention Program	30 9am Women’s Strength + Balance 9.30am Social Bus Outing 9.30am Challenge Your Balance ***10.15am Gym Session 11.30am Seated Exercise to Music 1.45pm Seated Strength Exercise 1.45pm Strength Exercise	<ul style="list-style-type: none"> • 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 60 minutes • ** Please note time change for this class/activity • *** Booking essential for this class/session 			<p>PLEASE NOTE: Before getting started with your exercise plan, book a time to meet with Exercise Coordinator Baylee Eastham to make sure you’re medically cleared to participate.</p>



Balwyn Evergreen Centre
Promoting Independence and Wellbeing

FALLS PREVENTION PROGRAM

BOOK TODAY!

Peace of mind for you, a great day out for them



WEDNESDAYS & FRIDAYS FROM 9.30AM-3.30PM

Our Supported Lifestyle Program offers a warm, community-based experience filled with laughter and connections. It's designed for people living at home with mild dementia or cognitive decline who still want to get out and socialise.

What's included:

- Engaging activities to keep minds and bodies active
- Tailored gentle exercise class led by an Accredited Exercise Physiologist
- A welcoming community setting, not an institution
- Dementia-trained staff and caring volunteers
- Morning tea, lunch and afternoon tea
- Optional bus transport to and from home

Balwyn Evergreen is my home away from home.
Phillip, SLP client

Caring for an ageing parent can be a lot to carry. Finding the right support should feel reassuring, not clinical. Contact us to find out how we can support your family.

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Open Mon-Fri 8.30am-4.30pm
www.balwynevergreen.org.au

For bookings or enquiries call 9836 9681 or email office@balwynevergreen.org.au
Follow us: 



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!



*Talk to Exercise Coordinator Baylee before your first class

Join Balwyn Evergreen's structured 10-week group program that builds confidence, wellbeing and keeps you living independently!

Bookings are open for TWO times beginning:

Monday, June 22, from 2pm-3pm

&

Wednesday, June 24, from 9.30am-10.30pm

- INCLUDES:**
- Pre- and post-assessments to track your progress
 - FREE Tai Chi/Seated Tai Chi to boost results
 - Morning tea for social connections

For more information and to book, please contact the office: 9836 9681 / office@balwynevergreen.org.au

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!

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