

Spring is in the air at Evergreen

Welcome to the September edition of Evergreen Connections.

It's officially spring, and we're feeling that wonderful glow that comes with this time of year. It's always a treat watching the neighbourhood emerge from winter and burst into colour – our own grounds look spectacular and it's great to see families enjoying the playground. Make sure you take the time to breathe it all in, maybe from the comfort of one of the bench seats out front.

By now you should have received a copy of our consumer survey either as a hard copy or by email. Please take a few moments to complete it – the goal here is to make sure you're getting the best experience from us.

If you need help filling it out, please let us know and we'll go through the process with you.

Hard copies are available at reception and, we'll be handing them out after your classes/activities as well. If you'd like to complete the survey over the phone, we can arrange to call you.

Thanks for taking the time to complete our survey and we look forward to hearing from you.

The Balwyn Evergreen Centre Team



SEPTEMBER 2022



Our shopping bus is back!

Shopping is more fun with us picking you up and dropping you home after. Plus, you get to enjoy a coffee with friends at a local cafe.

The bus departs...

Each Monday at 9am

Sept 5

Aldi Greythorn Central

Sept 12

Woolworths Balwyn

Sept 19

Maling Rd, Canterbury

Sept 26

Boccaccio Cellars

Call us to book your spot



Look out for our green bus

In keeping with the spring theme... now is the perfect time to consider joining our next bus outing.

Get out of town, see a bit of the countryside and enjoy a delicious lunch with friends.

To make things even easier, we'll pick you up and drop you home after in one of our comfortable minivans, driven by one of our friendly volunteers.

- Head to page 5 for this month's itinerary and to plan your next outing.



NEWS CORNER

UPDATES FROM THE BALWYN EVERGREEN CENTRE COMMUNITY



CIAO BELLA: Our Italian Week got off to a flyer with an Italian-themed three-course Luncheon and Entertainment by David Rothberg. Join us for our next special footy-themed luncheon on September 21.



Fond memories of 'The Club' recalled

"If there was anything on, she was there," says Evergreen Club President Lorraine Simpson of Ailene Whitely, who passed away last month aged 92. A true local, she spent 88 years in the area having moved to Deepdene from Footscray at age three. As a founding member of the Balwyn Evergreen Centre, which she warmly referred to as 'The Club', Ailene was instrumental in helping build its strong sense of community and connection. Her involvement over the years was extensive, including meals on wheels, day outings, luncheons and exercise classes, and if there was a special event on the calendar, she was always there. Ailene was a wonderful presence at The Club and will be missed.

VOLUNTEER SPOTLIGHT

Helen Pevitt, Admin Assistant

Helen is one of our many dedicated volunteers who give up their time to help keep the centre running smoothly.

As an admin assistant, Helen mostly helps Mia on reception, but also lends a hand to Raymond or Elise with their programs if required. She's been volunteering with us since March and says the experience has been wonderful.

"The things I enjoy about volunteering are the fact that I have the opportunity to go into the community and meet others and to work with a lovely group of people who have made me feel very welcome from the outset. Also, being able to engage with the clients who come in to attend their exercise classes."

So of all the places to volunteer at, why choose BEC? It was Helen's partner, Bruce, who suggested she give BEC a go - he's been volunteering with us for 16 years, most recently as a bus driver. Helen says she would definitely recommend volunteering to others.



"It's a wonderful chance to contribute in a meaningful way, to meet people and to experience learning different tasks. I feel as though it gives me a bit more purpose in my day-to-day life."

As a not-for-profit organisation, BEC relies on the generosity of our volunteers to help us deliver our services and events.

If you, or someone you know, would be interested in volunteering with us, please get in touch. We have a wide range of volunteer openings that suit a variety of skill sets.

LIFE STORIES

TALES FROM OUR COMMUNITY

Our series, *Life Stories*, allows us to celebrate the people of Balwyn Evergreen Centre and share their incredible stories with you.

People's stories are what Joan Bruckard loves hearing about... and she has plenty of her own to tell as well, which is what makes her a wonderful part of our Senior Divas.

From Box Hill to Canterbury

Joan Bruckard has lived in and around the local area her whole life – she grew up in Box Hill, went to school in Surrey Hills and attended Box Hill Girls Technical School. Her teenage years were spent going to dances, jazz concerts, musicals and playing competition tennis. She also worked at a commercial photography business on Lonsdale St. In 1959, she got married, built a house with her husband in Doncaster and, during the next ten years had three sons. The family then moved to Canterbury, where her boys gained “a wonderful education at Melbourne Boys High School – as a result I have two lawyers and one scientist.” Joan also has seven grandchildren, including one who works for the Australian Opera Company and has written three operas. The family also had a country home in Warburton, which was a wonderful retreat and had a magnificent garden that Joan would open to the public. Full of enormous trees and teeming with birdlife, she recalls it as a magical place that invited contemplation.

A sense about life

Joan says she's always been tuned into things and people: “I get a feeling about things... I get a sense about people.” These sensory vibes have come in handy over the years. Joan helped her son get a sense of his house before buying it and has done psychic readings for fundraising events. She got a sense about her home in Canterbury before she and her husband bought it: “I got a good feeling about it. I thought ‘there's something about this house, it's peaceful’.”



A way with words and wellness

Joan has always had an interest in wellness and working with energy and has dabbled in alternative medicine, reflexology, massage and reiki. Meditation is another interest and came in particularly handy with a house full of teenage boys. She also loves collecting crystals, which her grandchildren enjoy admiring. It's not just music that Joan has a way with, she also writes poetry and is often asked to write eulogies for friends. “Words just come to me when I want to remember friends.”

Enjoying the company of Divas

“I seem to get into groups of people – one leads to another. You meet with groups that attract you – you come to them for a reason.

“Moving to Canterbury, I met a wonderful group of ladies and we've been together for 50 years.”

She joined the CWA Burwood, was president for three years and conducted the choir. She was part of an exercise group in Ashburton for 25 years, in the Royal Flying Doctors Auxiliary where she fundraised, and volunteered for a dementia group playing piano. Then there was Bass Care where she was part of the Cool Cats band for three years, playing piano and ukulele. Now it's the Senior Divas at Evergreen, for seven years and counting.

In fact, it was her fellow Cool Cat, Robin Kelly, who recommended Joan join the Divas - a like-minded group of women with plenty of stories to tell.

“I heard about the Divas and thought ‘that would be something different. I'm enjoying going down memory lane and hearing old stories about other people's lives.’”

Taking action against dementia

With the number of Australians living with dementia set to double over the next 25 years to more than 1 million, it's important we lead with compassion to break down the misconceptions around it. Dementia Action Week (September 19-25) is all about raising awareness of the condition through the "A little support makes a big difference" campaign. The primary message is people with dementia can live well long after their diagnosis, we just need to give them and their family/carers a little support.

For more information about the campaign and how it's leading the discussion about discrimination around the condition, visit Dementia Australia www.dementia.org.au.



Social connection keeps our community strong

Humans are social by nature and need a sense of connection to thrive. In fact, it's vital for both our physical and mental health and wellbeing.

This is particularly true the older we get. As kids it's easy to make friends, join teams and socialise in general, but as adults we have to actively seek out these connections.

Older people are more vulnerable to loneliness, particularly when they start to experience physical or cognitive decline and become more housebound.

Balwyn Evergreen Centre provides that very social outlet we all need to survive. We run classes, activities, events, outings and special luncheons, and you're guaranteed to make friends along the way.

- Check out pages 5-6 for our upcoming outings and Evergreen Club schedule or give us a call to discuss how we can help keep you connected.

TRAINER TIPS Simone Arndt

It's officially spring and that means the hibernation is over. We asked trainer Simone Arndt what her tips are to getting active and staying healthy as the weather warms up...

"I recommend going out for a walk at least every day and also incorporating in some light gardening if possible," Simone says, adding that she's a big fan of the outdoors, enjoying hiking and mountain bike riding to stay fit.

To make walking more interesting, Simone says to join a walking group or create you own with friends. "Walking together at a set time is an incentive and more fun."

Simone leads our strength and balance, chairobics and movement to music classes. You can also book in for small group fitness and one-on-one sessions with her. She enjoys the friendly and welcoming community at Evergreen as well as seeing the progress her clients make with their overall fitness and wellbeing.

"My favourite component of the exercise classes are the balance challenges. It's amazing to see all the improvements in balance and confidence."

Keeping her clients flexible, strong, active and engaged is both a priority and passion she says.

- Want to join one of Simone's classes? Check out page 7 for the full exercise timetable.



DAY TRIPS

TUESDAY & THURSDAY BUS OUTINGS

Join our Bus Outings

- Weekly on Tuesdays
- Fortnightly on Thursdays
- Pick up from 10am (unless mentioned otherwise)
- Drop off about 3pm
- Transport is \$25 + choose your own meal

Our Evergreen Ramblers program takes you on a drive around Melbourne's outer metropolitan area every Tuesday, while the Evergreen Explorer Program departs fortnightly on Thursdays. Discover or revisit lovely suburbs and townships stopping to enjoy a lunch together at a selection of restaurants, hotels and taverns that we've hand-picked for you. Transport is arranged, with pick up and drop off at your doorstep, so you simply have to hop on board, get comfortable and enjoy the drive!

Tuesday 6th September

Outing 1: CHELTENHAM & lunch at TUDOR INN

The Tudor Inn has been a favourite local pub in Cheltenham for years come in and enjoy a meal on today's trip.

Outing 2: BRUNSWICK & lunch at MORELAND HOTEL

Walking into the Moreland Hotel is like being in a Roman Colosseum - its kitsch decor and paintwork has to be seen, plus it has great food as well. Senior meals available.

Thursday 8th September

Outing: Yerring Meadows Golf Course, Yerring is located in the picturesque wine growing region of the Yarra Valley, about one-hour's drive, north-east of Melbourne. The Terrace Cafe and Lounge opens daily from 10am for drinks, light meals and brasserie-style dining.



Tuesday 13th September

Outing 1: WHEELER'S HILL MORNING MELODIES, ROCK & ROLL WITH FRANKIE \$10 entry, morning tea & cake included, followed by lunch after the show. seniors meals available.



Outing 2: POINT COOK & lunch at THE BROOK@POINT COOK

A family friendly pub on the other side of the Westgate Bridge, sit back enjoy the drive and sites of our city. Seniors meals available.

Tuesday 20th September - **9.15am START for option 1**

Outing 1: DROUIN & lunch at the DROUIN FAMILY HOTEL The bar at The Drouin Family Hotel is a popular meeting point in the area, but we'll be lunching in the bistro where there are senior meals available.

Outing 2: GLEN WAVERLEY & lunch at CHINA BAR

This restaurant opened in 1996 and has more than 18 restaurants throughout Melbourne serving quality Asian food.



Thursday 22nd September

Outing: Gamekeepers Secret Country Inn, Rockbank The Gamekeeper's Inn is a 150 seat restaurant/pub set in the Rockbank Tourist Precinct alongside The Galli Winery, Whitchmont Winery and the Windmill Reception Centre. It's an English country pub style, with cosy booths, polished timber bar and a large open fireplace, which is the focal point in winter. They specialise in some of the best of English fare such as Braised Lamb Shanks, Gamekeepers Beef and Guinness Pie, Corned Beef and Sticky Date Pudding.

Tuesday 27th September



Outing 1 & 2: WATSONIA & lunch at WATSONIA RSL CLUB From humble beginnings in 1952, eight men met with a dream of a local place to meet, to have a few drinks and tell a few stories, the Watsonia Returned Services League (RSL) Sub Branch was born. A great atmosphere and serving all your favourite meals.

For enquiries or bookings, please contact Elise on (03) 9836 9681 or email office@balwynevergreen.org.au

EVERGREEN CLUB

WEDNESDAY COMMUNITY LUNCHEONS & CONCERTS

Join our Social Fun Day

- Weekly on Wednesdays
- Luncheons at 12pm
- Entertainment & afternoon tea from 1.15pm to 2.15pm

Join the Evergreen Club and connect with old and new friends in our welcoming community. Enjoy a sense of belonging while treating yourself to a three-course meal, a concert with professional entertainers and afternoon tea. Bookings are essential. You can choose to attend lunch and the concert or one or the other.

For enquiries or bookings, contact us on (03) 9836 9681 or email at office@balwynevergreen.org.au

Wednesday 7th September



Three-course lunch:

- Entrée: Cream of leek and potato soup
- Main: Coq au Vin with rice pilaf
- Dessert: Ice cream with strawberry coulis

Afternoon Entertainment Program:

- **Geoff Walker** is back with a fantastic selection on songs including *It's A Long Way To Tipperary* and *Pack Up Your Troubles*. Come along and enjoy the afternoon.
- Afternoon tea: Home-made scones with fresh cream and jam

Wednesday 14th September



Three-course lunch:

- Entrée: Carrot and blue cheese soup
- Main: Chicken Schnitzel with chips and garden salad
- Dessert: Stewed pears with fresh cream

Afternoon Entertainment Program:

- **Brian Spreague** is back singing hits from Elvis, Buddy Holly, the Beatles, Neil Diamond, plus a selection of Aussie heritage tunes.
- Afternoon tea: Mable cake

Wednesday 21st September



PRE-AFL Grand Final Luncheon

Three-course lunch:

- Entrée: Home-made party sausage rolls and a cup of chicken soup
- Mince pies with coleslaw
- Dessert: Seasonal fruit salad with ice cream or fresh cream

Afternoon Entertainment Program:

- **Terry Blubb** has a repertoire of more than 500 songs from a wide range of styles from jazz and Latin to 50s, European and contemporary
- Afternoon tea: Home-made cup cakes

Wednesday 28th September



Three-course ROAST DINNER:

- Entrée: French onion soup with crunchy bread
- Main: Roast Beef with roast vegetables and gravy
- Dessert: Mixed fruit flummery with a dash of cream

Afternoon Entertainment Program:

- **Sister of Withania** will entertain us with their singing and dancing show. Fun fact: Withania is type of herb that has traditionally been used to enhance brain and memory function.
- Afternoon tea: Petit Four

EXERCISE

AT BALWYN EVERGREEN CENTRE

Exercise and Socialise

Join our popular fitness classes led by our dedicated instructors and enjoy a complementary morning or afternoon tea with your group and trainer after.

Monday	Tuesday	Wednesday	Thursday	Friday
9.15am Zumba Gold <i>with Lisa</i>	9.30am Challenge Your Balance <i>with Simone</i>	10.15am Seated Strength Exercise <i>with Ed</i>	9.30am Men's Exercise <i>with Jon</i>	9am Tai Chi for Intermediates <i>with Connie</i>
10.30am Exercise to Music <i>with Simone</i>	11.00am Chairbics <i>with Simone</i>	10.15am Strength Exercise <i>with Tom</i>	9.45am Movement to Music <i>with Simone</i>	10am Tai Chi for Beginners <i>with Connie</i>
12pm Strength & Balance <i>with Simone</i>	1.45pm Seated Strength Exercise <i>with Simone</i>		2.30pm Meditation & Yoga <i>with Elizabeth</i>	11.00am Seated Strength Exercise <i>with Ed</i>
	1.45pm Strength Exercise <i>with Tom</i>			

Gentle intensity

- Seated Strength Balance
- Tai Chi for Beginners

Moderate intensity

- Strength Balance
- Challenge your Balance
- Strength Exercise
- Tai Chi for Intermediates
- Meditation & Yoga

Active classes

- Zumba Gold
- Exercise to Music
- Men's Exercise
- Movement to Music

Our trainers...

Meet our team of trainers who bring a wealth of experience and expertise to our fully accredited exercise program. They're always on hand for a chat to discuss your personal requirements and fitness goals.



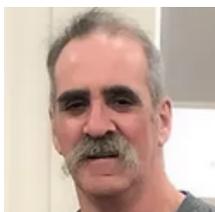
Simone Arndt



Jon North



Elizabeth McKenzie



Tom Scott



Connie Wong

Evergreen Gym Studio

Small Group Gym Sessions on
Thursdays
11am-11.45am and 1.45pm-2.30pm

1 on 1 sessions available

Please contact us on 9836 9681

