EVERGREEN Connections NEWSLETTER

NOVEMBER 2026

Balwyn Evergreen Centre
Promoting Independence and Wellbeing

# Eyeing off the end-of-year celebrations

***Welcome to the November edition of Evergreen Connections***

It's been another busy month for us, headlined by our famous Victorian Seniors Festival High Tea. We had a wonderful turnout, and the event was marked by colour, community and connections - check out the montage on page 3.
In other news, we chat with Lou Coldebella about the importance of friendships for International Men's Day, we welcome new and returning staff members (page 2 & 4) and launch the first of our Be Connected courses (page 2). Not to mention our usual lineup of outings and exercises... It's all happening! Put the kettle on and enjoy the read!

***The Annual Client Survey 2026 is coming up...***

It's almost that time of year again... the Annual Consumer Survey 2026. We'll be rolling this out this month and would appreciate as many responses as possible! It's a great opportunity to share your thoughts and feedback, which ultimately helps us deliver a better service to our community. Stay tuned!

As always, we look forward to seeing you soon!

- The Balwyn Evergreen Centre Team

**2026 Annual General Meeting, November 25**

Notice is given that the Annual General Meeting of the members of Balwyn Evergreen Centre (ACN 004 672 306) (BEC) will be held at Balwyn Evergreen, 45 Talbot Avenue, Balwyn and via Zoom, on Wednesday, November 25, 2026, at 4.30pm. Please let us know if you'd like to attend, and the papers will be sent to you.

## Events & Info Sessions

**Free Hearing Clinic**
**Tuesday, November 17**
**10.30am-12pm**
*With Weicen Yan of NeuroHearing in Canterbury (page 6).*

**Aged Care Navigator 1:1 session**
**Tuesday, November 24**
**9am-12pm**
*The last opportunity for the year to catch up with council's Aged Care Navigator (page 6).*

**Chatty Cafe**
**Wednesdays**
**10.30am-11.30pm**
*Drop in for a coffee and chat with our dedicated chatty volunteers. All welcome (page 6).*

***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.***



## Line dancing for health and wellbeing

We love busting out a line dance at Balwyn Evergreen, especially at one of our events. But did you know we offer a weekly line dancing class that's a whole lot of fun and suits all abilities? In fact, line dancing is one of the best activities for ageing well, as it combines movement, balance, coordination, memory and social connection. It's a mind-body workout!

***Our Line Dancing class is on Wednesdays from 11.45am-12.45pm and is followed by afternoon tea. For more information, contact the office.***

Balwyn Evergreen Centre
45 Talbot Ave, Balwyn VIC 3103
Open Mon-Fri 8.30am-4.30pm

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

# NEWS CORNER

Updates From the Balwyn Evergreen Community

## Coming in hot with grant success

Exciting news! We've received a grant from Community Bank Inner East for $7490 for a new bain-marie! Senior Manager Maggie Stamoulis presented the novelty digital transaction to our CEO, Tina Hogarth-Clarke, at our recent High Tea, which made the occasion even sweeter.

The kitchen is at the heart of our social support groups, and this new bain-marie ensures our meals are as warm as our welcome. A huge thank you to Community Bank Inner East for the ongoing support!

*Pictured from left are: Tammy Ridgway (BEC Board Director), Juliann Byron (Community Bank Inner East Director), Tina Hogarth-Clarke, Maggie Stamoulis, Rodney Harris OAM (BEC Board Chair) and Jing Ortega (Branch Operations Manager).*



## Welcome to Ryan and Gabby!

Meet the new faces of Balwyn Evergreen – Allied Health Assistant Ryan Roohi, and Administration Officer Gabby Williamson!



Ryan Roohi



Gabby Williamson

Gabby joined Balwyn Evergreen at the beginning of 2026 as a volunteer, helping at the front desk, and now works in a permanent position two days a week. Gabby grew up in the local area and first visited Balwyn Evergreen as a volunteer when she was a High School student at Canterbury Girls' Secondary College. She looks forward to meeting many more clients and making them feel welcome. Outside of work, Gabby enjoys travelling, reading, listening to music, and baking (especially Basque cheesecakes and tiramisu). She also loves spending time with her dog Willow.

Ryan is our new Allied Health Assistant and has experience working across multiple aged care settings, supporting clients in their homes, assisting with individual treatment sessions and helping deliver group physiotherapy programs.

Ryan is a firm believer that movement should be enjoyable, varied and achievable. He wants clients to feel comfortable, supported and encouraged to give things a go. I believe exercise doesn't always have to be serious to be beneficial!

Outside of work, he enjoys playing the piano and performing for others.

## Book you time to upskill online!

Our Be Connected small group classes begin this month! Book yourself in to get the digital ball rolling!

Be Connected
Every Australian online.

The courses will run twice a week for about 1.5 hours and cover a wide range of topics through the Be Connected framework, with help from IT-savvy volunteers. The Tuesday sessions will be for beginner skill levels, and the Thursday sessions will be for intermediate skill levels. You can progress at your own pace, and our volunteers will be here to help you along the way. This is a great way to gain confidence and skills in the online space. Please bring your own device if possible; otherwise, we have devices you can use.

### NOVEMBER TOPICS

| Tuesdays from 10.30am-12pm | Thursdays from 1pm-2.30pm |
|---|---|
| **November 10**<br>Computer + Laptop Basics<br>*The essentials of using your device + intro to the internet* | **November 12**<br>Connecting with Others<br>*Setting up video calls from your smartphone, tablet or computer* |
| **November 17**<br>Smartphone + Tablet Basics<br>*Understanding your device* | **November 19**<br>All About Data<br>*Home internet vs mobile data, switching on Wi-Fi and global roaming* |
| **November 24**<br>Finding what you want with Google<br>*Get to know this popular search engine* | **November 26**<br>Wi-Fi and Mobile Networks<br>*Setting up Wi-Fi at home and safely connecting in public* |

***These sessions are free to attend, but please book at the office. For more information, speak with Bo or Tania.***
***Don't forget: if you have a specific tech issue, we have 1:1 sessions available with Bo and our volunteers.***

# SPOTLIGHT

High Tea at Balwyn Evergreen

## An afternoon of connection

Our High Tea to celebrate the Victorian Seniors Festival 2026 last month was just spectacular and the perfect nod to our community. A huge thank you to everyone who attended - it was fully booked with 100 guests!

To our fabulous entertainer, Dame Cara Lynn - we love you! And thanks to Shane Mack for warming up the crowd. Thank you to Cr Sophie Torney, Dr Monique Ryan MP, Maggie Stamoulis from Community Bank Inner East, our Board Chair Rodney Harris, and CEO Tina Hogarth-Clarke for their warm welcome.

To those who donated items for our raffle: Endota Spa Balwyn, Tan Sun (of Tan's Green House), and Heather Shipp, plus all the items our community donated for the hampers - thank you!

To all our wonderful volunteers who helped us in the lead-up and on the day - you are truly magnificent and the reason why we can put on events like this.

And to all our staff who brought the High Tea to life - we did it! Please enjoy this selection of photos taken by our official photographer, Ian Jasper, of the Camberwell Camera Club.

***For more photos, scan the QR code or visit our gallery at: balwynevergreen.org.au/events-gallery***





















# HEALTH & WELLBEING

Healthy Ageing with Balwyn Evergreen

## A focus on men's friendships



Lou Coldebella enjoying a social day trip.

November 19 is International Men's Day (IMD), which gives us the chance to celebrate the importance of friendship, movement and belonging in older men's lives.

For 92-year-old Luigi 'Lou' Coldebella, those connections have taken on extra meaning since his wife Valerie, 89, moved into aged care one year ago. After 62 years of marriage, Lou is adjusting to living on his own, with familiar routines changing and fewer opportunities for the everyday conversation that comes with sharing a home.

At Balwyn Evergreen, he has found somewhere to exercise, enjoy an outing and share a joke, with friendly faces giving him good reasons to get out of the house.

"It is a bit lonely living on your own after being married for so long. Coming here gets me out of the house. You have a chat, have a joke and enjoy the company. That makes a difference," Lou says

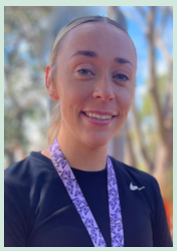
Lou's experience brings a personal perspective to International Men's Day, highlighting why older men's physical and mental health deserve attention alongside recognition of their continuing place in community life.

Lou first came to Balwyn Evergreen about a year ago, after encouragement from his doctor, who recognised that he would benefit from more activity and connection.

He now takes part in the Outings Program (day trips) and regular seated strength classes, including his Wednesday session. The classes provide structure and encouragement, with an instructor guiding participants through an hour of exercise. For Lou, who can no longer do as much gardening as he once enjoyed, having a regular commitment helps him keep moving. The Outings Program gives Lou the opportunity to visit a different destination each week, which is something he looks forward to. He adds that the stops along the way to enjoy a cuppa and Voula's home baking are just as good as the destination.

"The entire team at Balwyn Evergreen Centre is patient with you, and they all make you feel welcome. It is good to get out, do some exercise and have a laugh with people," Lou says.

## welcome back Baylee and a few updates



Baylee Eastham

Good news! Baylee Eastham AEP is back as our Exercise Coordinator and is looking forward to seeing everyone. We're excited to have her rejoin the team and pick up where she left off. Baylee will work with Ryan on delivering our high-quality exercise programs that focus on the health and wellbeing of our clients.

We've also appointed two casual exercise instructors: Liya Dai and Nicola Bove, who will join the existing pool of instructors. Make sure you give everyone a warm Balwyn Evergreen welcome!

## FOOD FOR THOUGHT

***with Ruby Cheung***



Hello, friends. As the beautiful Australian spring transitions into summer, you might notice your appetite taking a dip. Warm weather can make large meals less appealing, but eating well is essential for maintaining muscle strength, bone health and the energy to enjoy your favourite community activities.

If you are less hungry, try eating smaller meals more often throughout the day instead of big meals.

Choose nutrient-rich foods that provide plenty of goodness in smaller portions. Here are some great choices...

**Spring/Summer protein boost**

Enjoy easy options such as boiled eggs, lean meat slices, canned salmon, yoghurt or tofu to help maintain muscle strength.

**Refreshing and hydrating options**

Try seasonal fruits, colourful salads or a chilled smoothie made with milk, Greek yoghurt and fresh berries for protein and calcium.

If you struggle to drink enough water, try adding a slice of lemon for extra Vitamin C and flavour. Other delicious options are sliced cucumber, fresh mint or ginger.

It's important to note that we don't need large meals to eat well. However, if your appetite remains low or you notice unexpected weight loss, speak with your GP or an accredited practising dietitian for advice.

***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

***Get out and about with the Outings Crew!***

Keep your social connections strong with Balwyn Evergreen's popular Outings Program for people aged 65+ who are up for new experiences.
Bookings essential - please contact 9836 9681 or office@balwynevergreen.org.au.
The next Outings Newsletter covering November 2026-February 2027 will be available soon.

- **Pick up from 9.30am (unless otherwise stated)**
- **Drop off from around 3.30pm**
- **COST: $28 (CHSP assessed + approved), $171 non-assessed. Lunch and tours are an additional cost**
- **Outings require a minimum of six people and can be changed or cancelled at short notice**
- **Clients who cancel after confirmation will incur the full transport cost unless extenuating circumstances apply**
- **Tours and entry costs are prepaid and non-refundable**

## Weekly Social Outings

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



### Tuesday, November 3

**MELBOURNE CUP PUBLIC HOLIDAY**
**NO OUTING TODAY**

### Tuesday, November 10

**MOONEE PONDS:** Legends

Today's outing is to the legendary Moonee Valley Racecourse, where we'll enjoy the offerings of the Legends restaurant, which overlooks the sprawling grounds. This local favourite boasts a delicious bistro menu, including a Tuesday steak special.

### Tuesday, November 17

**WHEELERS HILL:** Wheelers Hill Hotel

Originally built in 1876 as the Mulgrave Post Office, the Wheelers Hill Hotel has evolved into the much-loved local pub it is today - full of character and community spirit. A highlight is the floor-to-ceiling views of the Dandenong Ranges. The menu is extensive, with excellent options for seniors.

### Tuesday, November 24

**BRAESIDE:** Gardenworld + Dingley Hotel
**9.15AM START**

Gardenworld is home to five independently owned businesses: Gardenworld, Lotus Watergardens, Gardensmart, Collectors Corner, and Gardenworld Café. Wear comfortable shoes so you can enjoy a wander around the precinct, and bring a bag for any shopping you'd like to do. Lunch is at the Dingley Hotel bistro.

## Fortnightly Community Outings

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



### Thursday, November 12

**THE SHAMROCK HOTEL KYNETON 9AM START**

Kyneton is a thriving Macedon Ranges village that is rich in character and charm. At the heart of this charm is the historic Shamrock Hotel, which offers a classic country pub experience with all the trimmings.

### Thursday, November 26

**KALLISTA TEA ROOMS 9AM START**

Put your tourist hat on because we're heading to the popular village of Kallista in the Dandenong Ranges. The famed Kallista Tea Rooms offer traditional favourites alongside modern and innovative culinary fare with a local touch. There is also a gift shop to pick up a souvenir of this special spot.

## Monthly Premium Outing

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

### Monday, November 30

**HELLENIC MUSEUM MELBOURNE 9AM START**

The Hellenic Museum is the only dedicated home for Hellenic art in Australia, showcasing 8000 years of Hellenic history, art and culture in one location. Founded in 2007, the museum promotes a passion for and appreciation of the rich cultural traditions of ancient and contemporary Greece.

**ENTRY: $10 concession**

# ACTIVE LIVING

Keeping Social Connections Strong



## A new perspective on Support at Home

We had a fantastic turnout for our Support at Home coffee + chat session last month. Hosted by Angus Kerr from LiveWell Care, the session offered a mix of industry insight and lived experience, as well as a lot of handy hints on topics such as what to look for in a provider and how to access services. Given the interest in this topic, we'll look at running another session next year.

**Don't forget, we're here to help with My Aged Care...**
Did you know we can help you get started on your aged care journey with the initial sign-up? If you're feeling overwhelmed or just unsure of the process, you can book a time to chat with a staff member about what's involved. We've helped almost 200 clients and community members so far with the sign-up and general advice.
***For more information, please contact the office.***

## CYBER SNIPPETS *with Bo Cui*



Many scams begin with a simple text message or email. You may receive a message saying: 'Your parcel could not be delivered', 'Your toll payment is overdue', 'Your account will be suspended', or 'You are entitled to a refund.'

The purpose of these messages is often to create urgency and encourage you to click a link before you have time to think. Before clicking anything, ask yourself: Was I expecting this message? If the message claims to be from your bank, delivery company, a government department or another organisation, do not use the link provided. Instead, open the organisation's official app, type its website address yourself, or call them using a trusted phone number. Also be cautious if a message looks very professional. Modern scam messages may have correct spelling, logos and familiar language. If you are unsure, leave the message alone and ask someone you trust to look at it with you. There is no harm in taking a little extra time to check. A genuine organisation will not mind you verifying a message first.

***Bo Cui is the Operations Lead at Balwyn Evergreen and also our resident tech whiz. He runs the Be Connected digital training program that offers 1:1 sessions on whatever tech problems are irking you.***
***To book a session, please contact the office.***

## Drop in to our Chatty Cafe

Balwyn Evergreen's Chatty Cafe runs weekly on Wednesdays from 10.30am to 11.30am in the Evergreen Connections Cafe & Information Hub. Everyone is welcome, and our Chatty volunteers will make sure the conversation flows and all attendees feel comfortable.
The cafe is also open to the Balwyn Evergreen community on a drop-in basis on Tuesday and Thursday afternoons from 1pm-4pm. We'd love to see more people using the cafe during these times, so please grab a friend and drop in.

## Aged Care Navigation times

Book a time to meet 1:1 with Council's Aged Care Navigator, Helen Craddock, at Balwyn Evergreen on **Tuesday, November 24, from 9am-12pm**. Book your 20-minute appointment with the office, and please arrive five minutes early. For more information about this service, visit: boroondara.vic.gov.au/aged-care-navigation

## Get a FREE hearing check

Don't miss the opportunity to book a FREE specialist hearing assessment with experienced audiologist Weicen Yan of NeuroHearing in Canterbury.
The clinic covers: hearing loss screening, earwax checks, plus hearing aid cleaning and troubleshooting.
**The next clinic is on Tuesday, November 17, from 10.30am-12pm. To book your 15-minute appointment, contact the office.**

## 20% off at Endota Balwyn

Don't forget to pick up your voucher for 20% off services at Endota Spa Balwyn, which has been kindly offered to our community by this fantastic local business. Treat yourself or a loved one to an indulgent spa treatment! The vouchers are available from the flyer stand near the office.

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **10.30am** Exercise to Music *with Jo G* | **9am** Strength + Balance Circuit *with Liya* | **9.15am** Falls Prevention Program ***Ends Dec 16*** | **9.30am** Men's Exercise *with Ryan* | **9am** Strength + Balance Circuit *with Liya* |
| **12pm** Seated Strength Exercise *with Janet* | **9.30am** Challenge Your Balance *with Ryan* | **10.15am** Strength Exercise *with Ryan* | **9.30am** Exercise to Music *with Jo M* ***45 minute class*** | **10am** Tai Chi for Balance *with Lilei* |
| | **11.30am** Seated Exercise to Music *with Ryan* | **11am** Seated Strength Exercise *with Ryan* | **1pm-3.30pm** Table Tennis *self run* | **11am** Seated Strength Exercise *with Raymond* |
| ***Please note, the Falls Prevention Program is a set 10-week course. You must be registered for the full course to participate. For upcoming dates and information please contact the office.*** | **1.45pm** Strength Exercise *with Ryan* | **11.45am** Line Dancing *with Jo C* | **2.15pm** Meditation & Yoga *with Elizabeth* ***75 minute class*** | **11.15am** Seated Tai Chi *with Lilei* |

**Legend:** Gentle | Moderate | Active | Social

## Cost of Group Classes

**$12 CHSP assessed and approved**
**$25 non assessed / private**
**$5 Table Tennis**

## 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 available**
**Bookings essential!**

## Notes

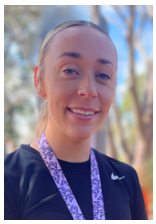
- *Meditation is on hold due to instructor injury*
- *Please check the online Activities Calendar for any timetable changes*
- *Make sure you wear appropriate footwear. Sandals are not permitted*

## Refer a friend and exercise for free

Share the Balwyn Evergreen exercise experience with your friends and family, and have a free class on us! To redeem, simply let the office know who your friend is and we'll do the rest!

## Trusted exercise programs for people 65+

Our team of qualified trainers brings a wealth of experience and expertise to our exercise programs. All new clients must complete a brief in-house assessment and provide medical clearance before beginning their program.
***For more information, please contact the office.***



Baylee Eastham AEP Exercise Coordinator



Ryan Roohi Allied Health Assistant



Raymond K



Jo Morris



Jo Golds



Lilei Enright



Janet Hesson



Elizabeth M



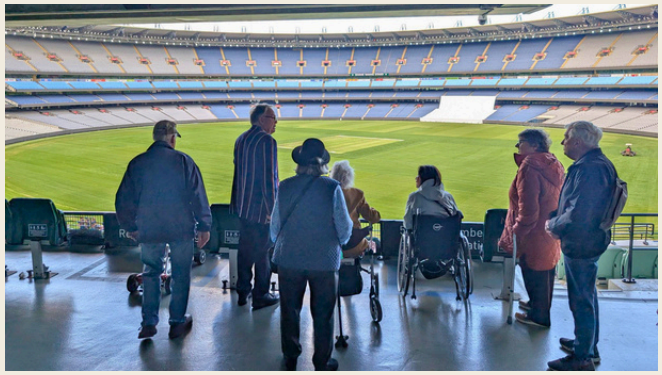
Liya Dai

# WHAT'S HAPPENING

## A poppy for Remembrance Day to support the RSL

If you're looking for a poppy for Remembrance Day, then please consider buying one from us! We have poppies and badges (modelled by David and Lucia) for $2, $5 or $10 amounts and can be paid for at the office. All money goes to the Camberwell RSL and the work they do in supporting veterans. Thanks for your support!





## Howzat for a day trip?



Our Monday Outings crew enjoyed a big day out at the MCG last month. They got behind the scenes at the tour and checked out the museum. The best part was the sun coming out for the group after days of heavy rain on either side.

***For more information about our Outings Program, please contact the office.***

## 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***

## Join our mailing list

Enjoy our newsletter and regular updates direct to your inbox by signing up to our mailing list either by contacting the office or via the pop up on our website! If you no longer want to hear from us you can unsubscribe at any time.

## 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. This includes changes to your next of kin, contact details and medical information. We also need to know if you're on CHSP or moving to a Support at Home package.

## 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.***



## Connect with us

@balwyn_evergreen

'Balwyn Evergreen Centre'

'Balwyn Evergreen Centre'