

Complete our survey to help shape your Evergreen experience

Welcome to the August edition of Evergreen Connections.

This month is all about hearing from our members. We'll be conducting a survey to gather your thoughts on Balwyn Evergreen Centre so we can continue to provide you with a valuable service.

We'll be asking for feedback on how you're using the centre, what programs you're involved in, what you enjoy about it, how you get your information about us and, most importantly, how we can do better.

If there's a class, program, guest speaker, entertainer or social activity that you'd like us to offer - let us know and we'll do our best to accommodate it. After all, this is your centre and we're here to respond to your needs.

The survey will take place from mid August, with the results collated by the end of September. You'll be able to complete it online or on paper and, if you need any help completing it, we're happy to help.

All information, including how to complete the survey, will be communicated in due course. In the meantime, make yourself a cuppa and have a peruse of the newsletter.

Stay warm,

The Balwyn Evergreen Centre Team

Vale Ailene Whiteley

We were saddened to hear about the passing of one of our founding members, Ailene Whiteley, on July 27, aged 92.

Ailene helped establish the Ladies Auxiliary in 1958 then worked as the centre's first employee, an office supervisor.

She helped tirelessly as a volunteer and enjoyed the activities and services in her later years.

Ailene was a great friend of Balwyn Evergreen and will be missed.



Many thanks to our Volunteer Sandra Brain for making all the sticky date puddings for our Christmas in July!



NEWS CORNER

UPDATES FROM THE BALWYN EVERGREEN CENTRE COMMUNITY



Decking the halls in July

The festive spirit was alive and well at our Evergreen Club Christmas in July celebrations on July 27. We enjoyed a delicious three-course meal featuring roast pork with all the trimmings and sticky date pudding, while the post-lunch entertainment set the tone perfectly. It was wonderful to see so many smiling faces enjoying the day.

We were also extremely fortunate to be joined by Maggie Stamoulis from the Bendigo Bank, who presented us with a symbolic cheque of \$4500 as part of their Community Investment Program. The funds were used to buy a new fridge for our commercial kitchen. Thank you to the Bendigo Bank for your generosity and ongoing support.

Become a volunteer and make a positive impact

It was wonderful to see two of our dedicated volunteers featured in the recent Mailing Ward newsletter and Boroondara Bulletin.

Robyn and Ian Nash are part of our Dog Walking program and spoke about what a valuable service this is for everyone.

"We have been walking dogs for five years and have found joy in both the dogs and the owners," Robyn says. This allows the dogs to get their all-important exercise and for the owners to make a new connection.

Robyn recommends volunteering to everyone: "a little bit of effort made by many can be most beneficial to the community".

The Balwyn Evergreen Centre has various volunteering opportunities available. As well as dog walkers we're also looking for kitchen and dining room assistants, a programs assistant, minibus driver and anyone who's happy to drop in for a friendly, in-home visit.

If you, or someone you know, would be interested in volunteering with us, please get in touch.

New faces at Evergreen

Welcome to Lucia Agati (left) and Erica Fosbender (middle), who have recently joined the Evergreen community. Lucia is the Lifestyle and Marketing Assistant and has a background in graphic design and lifestyle program management in residential aged care. Erica is a journalist by trade plus a small business owner and will be working with Lucia in Marketing. Lysielle (right) is heading back to France for three months to spend time with her family, including her beloved grandmothers. We look forward to seeing her again later in the year.



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.

Both a breath of fresh air and force of nature, **Robin Kelly nee Vandersluys**, has an extremely interesting life. In fact, do yourself a favour and have a chat with her, you're guaranteed to learn something new.

If you sit down for a chat with Robin Kelly, it quickly becomes apparent you're in the company of a remarkable storyteller and keeper of history. Her engaging and gregarious nature makes her a welcome addition at Balwyn Evergreen club and social events, which she's been attending for about six years.

Enjoying the Evergreen entertainers

Robin enjoyed a successful, 10-year singing career in the 1960s, performing alongside Australian music legends, including the Bee Gees, Helen Reddy Barry Crocker and Johnny O'Keefe. It was music that drew her to the Evergreen Club – Robin enjoys watching the professional entertainers and hopes to reignite her singing career after her fourth joint replacement surgery later this year.

"Ten years ago, I was invited to do a concert at the Melbourne Concert Hall... so every Wednesday I would watch the entertainers. I'd like to be able to use the new music technology for performing."

She says singing is important, especially for the elderly. It's something that can stir dementia patients as they recognise the words.

From Boroondara to big bands

Robin grew up in Kew and Deepdene and described herself as a "bit of a tomboy", preferring to spend her time outdoors and with local horses, but she would perform back-yard concerts with her brother.

While working as a secretary, she began singing lessons from 16, then, at 21, won a Talent Quest that led to jobs singing with big bands and performing at hotels on Collins St. Her career would include national television in Sydney and overseas as a floorshow artist. She also changed her name to Robin Vanser as no announcers could pronounce Vandersluys.



A move to the antiques world

In 1971, Robin began a new career as an antiques dealer. She started by restoring fancy old iron beds and beautiful shop scales: "Rusty old things that hardly anyone would be interested in". The restored pieces would be sold at her store, Robin Hood Antiques & Beds on Whitehorse Rd, Deepdene, then from 1979 opposite Canterbury station. "My whole life has been 'I can, and I will'. Everyone said I'd fail, that my business would close after four weeks... but it lasted nearly 50 years."

Robin Hood Antiques became a place of stories and music. Robin had a pianola in the store that would allow for impromptu concerts. In fact, one of her only regrets is not having the pianola there the entire time, because it "opened up so many opportunities for singing and finding musical customers".

Keeping local history alive at Evergreen

Robin is a member of eight historical societies, including as a founding committee member of the Balwyn Historical Society (2004), which meets monthly at the Evergreen Centre.

At 82 and living nearby, she's a regular at Evergreen as part of the Thursday Senior Divas, who meet fortnightly for chats, lunch and speakers. She hopes to resume table tennis and bus outings next year.

Robin loves helping and encouraging people and loves sharing. She hopes to empower and inspire people in their 80s and 90s to continue to do what they want to do, which is what makes her such a special part of our community.

- A free gift of Robin's booklet *True Tales of an Antique Dealer* and CD *Songs I love to Sing* is available at reception.

Warm up with the Power Saving Bonus

Do you want to save \$250 off your power bills? The Victorian Government has a Power Saving Bonus that's open to all Victorian households to help offset rising energy costs during winter.

If you're unsure about any part of the process, we're here to help. All you need to do is bring an electricity bill with your name on it into the centre and we can go through the application with you.

It should only take five minutes to complete, then around 5 to 10 business days to receive the payment. If you have any questions, please get in touch.

- For more information and to apply visit compare.energy.gov.vic.au.



Calcium for dem bones

As we age, it's important to keep our bones in good condition. Calcium is essential for building and maintaining our bones – when levels drop our bone density reduces, weakening the structure and possibly leading to osteoporosis.

According to Healthy Bones Australia, the best way to get the recommended calcium intake is through a varied diet.

Foods rich in calcium include dairy, seafood, green vegetables, nuts, seeds and eggs.

Women over 50 and men over 70 need 1300mg of calcium a day, which is the equivalent of about five glasses of milk.

Supplements can also be taken as certain medical conditions and low Vitamin D levels can reduce the amount of calcium you absorb.

- For more information talk to your GP or visit: healthybonesaustralia.org.au



Easy ways to stay active and beat the cold

One of the best ways to keep winter at bay is to stay active! This could be as simple as going for a walk around the block, doing a spot of cleaning or running errands.

Another obvious way to warm up is through exercise. It doesn't even have to be vigorous, the point is to get the heart rate up, which improves circulation. If you haven't tried our exercise classes already, we recommend giving them a go. Not only do you get to work out at your own pace, but you can enjoy a (warm) cuppa afterwards in the (again, warm) ambiance of the centre.

Check out our exercise class timetable on page 7, head to our website or give us a call for more information.

DAY TRIPS

TUESDAYS & THURSDAYS BUS OUTINGS IN AUGUST

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 and 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 handpicked 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 2nd August

Outing 1: GLEN WAVERLEY & lunch at ZEST TRAINING RESTAURANT Zest is the student training restaurant at Holmesglen's Glen Waverley campus serving fine dining.

Outing 2: DINGLEY VILLAGE & lunch at DINGLEY HOTEL Located near Moorabbin Airport, this pub is big and was renovated in 2018



Tuesday 9th August

Outing 1: MONBULK & lunch at THE WATERING HOLE TAVERN This humble pub has been in Monbulk for many years serving great food to the public. Seniors meals available.

Outing 2: DOREEN & lunch at SLICES RESTAURANT Discover the story of the first Koorungal Members, many new to the game of golf. Due to wartime shortages, they brought their hand tools to establish the first nine holes.

Thursday 11th August

Outing: OFFICER & lunch at CLUB OFFICER Located in the heart of Officer, featuring a large restaurant, cafe, TAB and Sports bar, outdoor dining and stunning lake views. There is plenty of choices for your meal today.

Tuesday 16th August

Outing 1: MACEDON & lunch at THE MACEDON LOUNGE Located in the beautiful Macedon Ranges this cafe opened in 2020 and has been supported by the locals, enjoy the drive before you have a delicious lunch.

Outing 2: BONBEACH & lunch at PATTERSON RIVER GOLF CLUB Located in Melbourne's Southern Bayside suburbs, Patterson River Golf Club has been built around a 15-hectare lake system with abundant bird life.

Tuesday 23rd August

Outing 1: DIAMOND CREEK & lunch at DIAMOND CREEK HOTEL The hotel is the oldest surviving pub in Diamond Creek with a long history of serving the locals this pub has a great menu and seniors meals are available.

Outing 2: Wandong & lunch at MAGPIE AND STUMP The Wandong Hotel, affectionately known as the Magpie and Stump is your one stop in Wandong for a country pub meal

Thursday 25th August ** EARLY START - 9.30am **

Outing: KILMORE & lunch at ROSE CAFE A cute little weatherboard house surrounded by roses- hence the name Rose Cafe. Enjoy the drive and gardens at Kimore.

Tuesday 30th August

Outing 1 & 2: MULGRAVE & lunch at VILLAGE GREEN HOTEL The buffet is better than ever, offering hot soups and entrees, fresh salads, succulent roasts with all the trimmings, chicken parmas, sliders, an extensive range of Asian dishes and more. They now serve seafood every day of the week and a large selection of dessert options. COST: \$22 Seniors



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

For enquiries or bookings,
please contact Elise on (03) 9836 9681
or email us at
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 new and old friends in our welcoming community. Enjoy a sense of belonging while having a three-course meal, followed by a concert with professional entertainers and afternoon tea. Bookings essential. The choice is yours: book your spot for a combo of lunch & entertainment, or for just one OR the other.

For enquiries or bookings, please contact us on (03) 9836 9681

or email at office@balwynevergreen.org.au

Wednesday 3rd August



3 course lunch:

- Entrée: Cream of vegetable soup
- Main: Fish & Chips with garden salad
- Dessert: Ice-cream with strawberry coulis

Afternoon Entertainment Program:

- **Rosemary Hughson** is a quality singer/entertainer and has worked full time as an entertainer for many years. Rosemary has the gift of a beautiful voice.
- Afternoon tea: Sponge Cake

Wednesday 10th August



3 course lunch:

- Entrée: Smoked Ham Hock & Pea Soup
- Main: Roast Lamb with Gravy & Mint Sauce
- Dessert: Tiramisu

Afternoon Entertainment Program:

- **Dave Wayman** is a warm, friendly and incredibly entertaining performer who specialises in paying tribute to the golden ages of music.
- Afternoon tea: Assorted Biscuits

Wednesday 17th August



3 course lunch:

- Entrée: Roasted Pumpkin Soup
- Main: Sausages & mash served with onion gravy
- Dessert: Pavlova & seasonal fruit

Afternoon Entertainment Program:

- **Ron Mayne** is back with more of his 50s, 60s and 70s repertoires to entertain us for the afternoon
- Afternoon tea: Muffins

Wednesday 24th August



3 course lunch:

- Entrée: Creamy Potato & Leek Soup
- Main: Chicken Schnitzel with Chicken Gravy
- Dessert: Bread & Butter Pudding with Custard

Afternoon Entertainment Program:

- We welcome back **Sing Australia** who will bring a variety of old and new songs, which we all known and can enjoy together.
- Afternoon tea: Lemon Yoyo

Wednesday 31st August



ITALIAN THEME 3 course-meal:

- Entrée: Minestrone Soup
- Main: Chicken Cacciatore
- Dessert: Cassata (Italian style Ice-cream)

Afternoon Entertainment Program:

- **David Rothberg** is a pianist/keyboard player/vocalist/entertainer who has over 800 songs in his repertoire.
- Afternoon tea: Biscotti



EXERCISE

AT BALWYN EVERGREEN CENTRE

Gentle intensity

- Seated Strength Balance
- Tai Chi for Beginners

Moderate intensity

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

Active classes

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

Evergreen Gym Studio

Small Group Gym Sessions on Thursdays
11.15am - 12.00pm
1.45pm - 2.30pm

1 on 1 sessions available
Please contact us on 9836 9681



EXERCISE & SOCIALISE

Come to Exercise Classes at Balwyn Evergreen Centre and enjoy a **complementary Morning or Afternoon Tea** with your Trainer and your Exercise group.

Mon

Tue

Wed

Thu

Fri

9:15 AM

Zumba Gold
with Lisa

9:30 AM

Challenge Your Balance
with Simone

10:15 AM

Seated Strength Exercise
with Ed

9:30 AM

Men's Exercise
with Jon

9:00 AM

Tai Chi for Intermediates
with Connie

10:30 AM

Exercise to Music
with Simone

11:00 AM

Chairbics
with Simone

10:15 AM

Strength Exercise
with Tom

9:45 AM

Movement to Music
with Simone

10:00 AM

Tai Chi for Beginners
with Connie

12:00 PM

Strength & Balance
with Simone

1:45 PM

Seated Strength Exercise
with Simone

2:30 PM

Yoga & Meditation
with Elizabeth

11:00 AM

Seated Strength Exercise
with Ed

1:45 PM

Strength Exercise
with Tom

WHAT'S HAPPENING

This month we will be celebrating...

Italian Week!

29th August - 2nd September



Program for the week:

This week we're giving the activities program an "Italian" feel. You can look forward to entertainment, Italian quizzes, armchair travel to Italy and the Alfa Club coming to show off some vintage cars among other things!

Wednesday 31st Aug: Special Lunch & Entertainment (see below)

Thursday 1st Sept: Pizza making and Affogato dessert

Friday 2nd Sept: Italian quizzes and armchair travel to Italy

Wednesday 31st August

Italian theme 3 course meal

- **Entrée:** Minestrone Soup
- **Main:** Chicken Cacciatore
- **Dessert:** Cassata (Italian style ice-cream)

Afternoon Entertainment Program:

- **David Rothberg** is a pianist/keyboard player/vocalist/entertainer who has over 800 songs in his repertoire
- Afternoon tea: Biscotti



NEW CLASS: CHAIROBICS

Tuesdays at
11am with
Simone

Bring a
friend and
their first
class is
FREE!



Venue Hire Available

Our versatile rooms are suitable for events, concerts, classes and community groups

Featuring: Kitchen facilities, PA system, parquet floors, tables and chairs, and storage

Contact us for bookings or enquiries

Out and about...

BUS OUTINGS SPOTLIGHT: HASTINGS

Members enjoyed lunch at the Western Point Hotel and took in the coastal scenery of the historic town. What a way to blow out the cobwebs!

