

October

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



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		2	
LEGEND: Gentle – Gentle/Seated class Mod – Moderate Intensity Active – Active Class Tailored – Customised		• Transport to and from Balwyn Evergreen available weekdays • If you're new to Balwyn Evergreen, your first exercise session is FREE • New exercise clients must be assessed by the Exercise Coordinator before starting • Activities and programs are subject to change/cancellation at short notice • All other classes are 60 minutes unless stated otherwise • Divas, Outings and the Supported Lifestyle Program require bookings • * Please note time change for this class/activity • ** Booking essential for this specific class/session				9.30am Community Bus Outing 9.30am Men's Exercise 9.30am Exercise to Music (45 mins) **11.15am & 1.15pm Gym Session 1pm-3.30pm Table Tennis 2.15pm Meditation & Yoga (75 mins)		*9am Strength + Balance Circuit 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program	
						Active		Active	
						Active		Active	
						Tailored		Tailored	
						Mod		Mod	
						Gentle		Gentle	
5		6		7		8		9	
10.30am Exercise to Music 12pm Seated Strength Exercise 1.30pm Digital Training Education		9am Strength + Balance Circuit 9.30am Social Bus Outing 9.30am Challenge Your Balance **10.15am Gym Session 11.30am Seated Exercise to Music 1.45pm Strength Exercise		10.15am Strength Exercise 10.30am Chatty Cafe 11am Seated Strength Exercise 11.45am Line Dancing 9.30am-3.30pm Supported Lifestyle Program		9.30am Men's Exercise 9.30am Exercise to Music (45 mins) **11.15am Gym Session 1.30pm High Tea at Balwyn Evergreen to celebrate the Victorian Seniors Festival		*9am Strength + Balance Circuit 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program	
Active		Active		Mod		Active		Active	
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12		13		14		15		16	
10.30am Exercise to Music 12pm Seated Strength Exercise 1.30pm Digital Training Education		9am Strength + Balance Circuit 9.30am Social Bus Outing 9.30am Challenge Your Balance **10.15am Gym Session 11.30am Seated Exercise to Music 1.45pm Strength Exercise		10.15am Strength Exercise 10.30am Chatty Cafe 11am Seated Strength Exercise 11.45am Line Dancing 9.30am-3.30pm Supported Lifestyle Program		*8.45am Community Bus Outing 9.30am Men's Exercise 9.30am Exercise to Music (45 mins) **11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.15pm Meditation & Yoga (75 mins)		*9am Strength + Balance Circuit 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program	
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19		20		21		22		23	
10.30am Exercise to Music 12pm Seated Strength Exercise 1.30pm Digital Training Education		9am Strength + Balance Circuit 9.30am Social Bus Outing 9.30am Challenge Your Balance **10.15am Gym Session 11.30am Seated Exercise to Music 1.45pm Strength Exercise		10.15am Strength Exercise 10.30am Chatty Cafe 11am Seated Strength Exercise *11.45am Line Dancing 9.30am-3.30pm Supported Lifestyle Program 2.30pm-4pm Get Online Week Come + Try Tech Session		9.30am Men's Exercise 9.30am Exercise to Music (45 mins) 11am Senior Divas group **11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.15pm Meditation & Yoga (75 mins)		*9am Strength + Balance Circuit 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program	
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		Mod				Gentle			
26		27		28		29		30	
**8.45am Premium Bus Outing 10.30am Exercise to Music 12pm Seated Strength Exercise 1.30pm Digital Training Education		9am Strength + Balance Circuit 9.30am Social Bus Outing 9.30am Challenge Your Balance **10.15am Gym Session 11.30am Seated Exercise to Music 1.45pm Strength Exercise		10.15am Strength Exercise 10.30am Chatty Cafe 11am Seated Strength Exercise *11.45am Line Dancing 9.30am-3.30pm Supported Lifestyle Program		*8.30am Community Bus Outing 9.30am Men's Exercise 9.30am Exercise to Music (45 mins) 11am Making the Most of your Support at Home Package Coffee + Chat **11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.15pm Meditation & Yoga (75 mins)		*9am Strength + Balance Circuit 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program	
Active		Active		Mod		Active		Active	
Mod		Mod		Gentle		Active		Mod	
		Mod		Mod		Tailored		Gentle	
		Tailored				Mod			
		Mod				Gentle			

Join us for a FREE coffee + chat about...



MAKING THE MOST OF YOUR SUPPORT AT HOME PACKAGE

Hosted by Angus Kerr, Principal Social Worker & Aged Care Navigator from LiveWell Care, this informal, small-group session is your chance to really understand your Support at Home package.

When: Thursday, October 29
Time: from 11am-12pm
RSVP: The Office: 9835 9681 /
office@balwynevergreen.org.au

Spaces are limited so please book today! This will be an interactive session, so bring your thoughts and questions!

Balwyn Evergreen, 45 Talbot Ave, Balwyn 3103

Get your hearing checked at our...

FREE

Hearing Clinic

Tuesday, September 22
From 10.30am-12pm
At the 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

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

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!



*Must complete an assessment with Exercise
Coordinator Baylee before your first class

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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