



MARCH 2023

We need you to volunteer with us!

If you've ever considered volunteering your time, then Balwyn Evergreen would be happy to have you!

As a not-for-profit, we rely on volunteers to help us deliver our quality programs and services. It's a wonderful way to not only give back to the community but to also become part of our family.

Current vacancies are:

- Minivan drivers
- Kitchen/dining room assistants
- Front office/admin
- Friendly visiting
- Dog Walking

Please call/email for more information or visit us at the *Boroondara Volunteer Expo on March 22.*

Plenty to celebrate at Balwyn Evergreen

Welcome to the March edition of Evergreen Connections

It's been a big few weeks here at Balwyn Evergreen. We've welcomed our new CEO, Cam Battaglia, who's looking forward to getting to know the community. You can read more about Cam on page 2 and we officially farewelled Ken McQualter, who's already enjoying his retirement - there's a great photo on the back page of Ken's last hurrah.

It was also the month of launches with our Musical Group and Mural officially released into the world.

Our musical group had a great turnout with a robust singing session followed by a BBQ lunch, while our spectacular mural, *Amalgamation*, was given the launch it deserved (and we couldn't resist giving the image pride of place on page 1 for another month).

We've got a great selection of outings on offer and some themed community lunches to enjoy. Make sure you add some of those to your calendar or consider trying something new - you might find your new favourite activity in the mix.

- The Balwyn Evergreen Centre Team



Tap into your inner ceramicist

If you've ever wanted to try your hand at pottery, then our Introduction to Ceramics workshop could be for you! Learn about basic pottery techniques including using stamps, making coils and pinching from experienced ceramic artist Faye Bornstein (pictured). At the end of the workshop, you'll have a keepsake to take home and enjoy. All materials are provided, you just need to come along and get your hands dirty.

Please call/email the office to register your interest.



NEWS CORNER

Updates From the Balwyn Evergreen Centre Community

Welcome to Cam Battaglia

A chance to give back to the community is just one of the reasons that attracted new CEO Cam Battaglia to Balwyn Evergreen.

"I think we can play an incredibly important part in helping people connect and be physically and mentally well," he says.

Cam grew up in Hawthorn and Burwood in an Italian household – his parents were migrants, and he has younger twin siblings. He's married, with two daughters and two German Shepherds and enjoys gardening, cooking BBQs and supporting Richmond FC.

After spending the first half of his career in the corporate world, he found his passion for community healthcare with his first CEO role in the sector – ProVision Australia. This network of 400 optometrists does extensive pro bono work in developing countries. "People who'd never seen care in their lives, for many it was the first time they could see. I decided that's the space I wanted to work in."

Cam has since headed up Vinnies in Box Hill, the South Eastern Melbourne Primary Healthcare Network and Southern Migrant Refugee Centre in Dandenong.



All help support people experiencing disadvantage and provide access to services they otherwise wouldn't have. "I see a lot of parallel programs with Balwyn Evergreen," he says.

He also has his own experience to draw from – his mother is in aged care, and he was her primary carer for 12 years.

"I have a strong understanding of what older people need. I understand their desire to live at home.

"Evergreen can be that place where they can come to feel welcome – to laugh, sing and connect."

A floral tribute to BEC

We had a fantastic turnout to officially launch our community mural, *Amagamation*, last month.

The positive feedback was overwhelming with people commenting on how this bold artwork has brought the foyer to life.

We heard from Cr Jane Addis, artist Ana Armillas, retired CEO Ken McQualter and Board Chair Raghu Nadathur, before enjoying afternoon tea.

Thank you to the City of Boroondara and Balwyn Rotary for the grant funding.



PHOTOS: (left) Board Chair Raghu Nadathur, Cr Jane Addis, Ana Armillas and Ken McQualter. (Below L-R) Cr Jane Addis addressing the room and Ana Armillas in front of the mural.



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.

With a knack for the written word and a keen eye for detail, **Anne Burrows** has plenty of stories to tell.

From across the Pacific

It was 1954 when Anne Burrows set out for Australia aged 24 from her home in Washington DC, USA. She was working for the US Government connected to the Navy. "I was writing, watching and listening," she says. "The job wasn't always interesting, but it was interesting times in Australia."

Originally a two-year posting, the stay was extended by a year "because we got on so well with the locals". One local in particular caught her eye, a "lovely young naval officer" called Alan Burrows. Anne says she was never going to get married but changed her mind after meeting Alan.

A career in writing

Anne and Alan made their home in Melbourne and Anne pursued a new career in journalism. She completed a short course in writing for newspapers, then freelanced for weekly and daily publications including *The Age* and *The Australian*.

"It kept me busy," she says. She also worked in TV and radio, because you do what's offered as a freelancer.

"I got to meet some interesting people. I interviewed Prime Ministers and other people who were often more interesting."

Alan Burrows, Naval Officer

"Alan had a much more interesting career than I," Anne says of her late husband. A veteran of WW2, he joined the navy aged 17 and served around India.

"Alan told me the most dangerous thing he did in the war was when he was ordered to row ashore from the main ship to check the island for Japanese soldiers. Luckily there were none there."



Alan spent some of his career in the navy and volunteered with the naval reserves. He was also the contact for the Australian Navy during a visit by the Royal Family on the yacht, *Britannia*. After Alan died in 2003, Anne downsized to her home in Camberwell, which she shares with her Tibetan Spaniel, Grace.

Growing up in the US and living in Australia

Anne grew up in a county outside of Washington DC.

Her father died when he was 40 and Anne's mother was left to raise Anne and her younger sister alone.

"I saw how different it was to be a single woman with two daughters," she says.

The family eventually moved to Alexandria, on the edge of Washington DC, to a beautiful place overlooking the Potomac River. She studied Foreign Affairs at George Washington University and then found work with the Government.

Anne has visited the US a few times over the years and calls Australia home. Her younger sister lives in North Carolina and her mother relocated to Australia to live with Anne and Alan until her death, aged 100.

Anne keeps in touch with the US via *The Washington Post* and *New Yorker*, which she reads online.

Exercise and Evergreen

"It's important to keep moving," Anne says, which is what led her to Balwyn Evergreen. Now in her 90s, exercise is more important than ever. Anne does a weekly Seated Strength exercise class with Simone, which she looks forward to. At home, she keeps up her exercise including weight training with 1.5kg dumbbells.

"Evergreen is pretty good, it's a good standard, and the people are nice."

HEALTH & WELLBEING

Healthy Ageing with Balwyn Evergreen Centre

Musical Group making good sounds and great connections

The spirited sounds of our community rang out at the launch of our much-anticipated Musical Group last month.

We had a wonderful turnout for the aptly named 'A Song and a Snag at Evergreen' led by Garry Kerr, Jon North and Lotana. Songs including *The Lily of Laguna*, *Side By Side* and *You Made Me Love You* were enjoyed by all. Afterwards, the group tucked into a BBQ lunch, shared a few stories and made plans for future sessions. This group is part of our social support offering as music is well-known for its physical and emotional benefits.

The next Musical Group is on Thursday, March 30 from 10.30am-12pm and will be held monthly moving forward. If you'd like to join, please call or email the office.



Healthy habits key to living well

As it turns out, making good lifestyle choices can help slow the rate of memory decline and reduce the risk of dementia, according to a recent article from *The Guardian*.

Researchers from the National Centre for Neurological Disorders in Beijing found if you eat well, exercise your mind and body regularly, have social contact, and don't drink or smoke then you're less likely to experience cognitive decline. During the decade-long China Cognition and Aging Study, researchers concluded a healthy diet had the strongest effect on slowing memory decline, followed by cognitive activity and physical exercise.

Head of policy at Alzheimer's Research UK Dr Susan Mitchell said: "This adds to the substantial evidence a healthy lifestyle can help to support memory and thinking skills as we age." Activities such as reading, writing and socialising are just some of the ways to reduce the risk of dementia later in life.



DAY TRIPS

Tuesday & Thursday Bus Outings

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 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!

Join our Bus Outings

- Weekly on Tuesdays
- Fortnightly on Thursdays
- Pick up from 10am (unless mentioned otherwise)
- Drop off about 3pm
- Transport is \$25
- Lunch costs extra (POA)

Tuesday Weekly Outings

Tuesday, March 7

YARRAMBAT PARK GOLF COURSE

Nestled in the scenic Yarra Valley is the Yarrambat Park Golf Course. Its impressive viewing room overlooks the striped 18th fairway of the championship golf course, as well as the nature-play mini golf course featuring native plants and artistic animal sculptures. Lunch will be at the cafe on site.

Tuesday, March 14

SUNBURY & lunch at The Royal Hotel

Set northwest of Melbourne, Sunbury has a delightful country feel while still being close to the city. After exploring the main centre, we'll break for lunch at The Royal Hotel. This pub is at the heart of the Sunbury community and is popular with locals and travellers alike. The menu has all the pub classics from quality steaks to fish and chips, and vegetarian options.

Seniors menu available.

Tuesday, March 21 ***Early Start 9am**

CITY: SCOTS CHURCH MUSIC MATINEE

Pot-Pourri: Tania de Jong AM (soprano), Jonathan Morton (baritone) and Anthony Barnhill (pianist)

Join us for a relaxing picnic on the banks of the Yarra River, followed by a FREE concert. The picnic is at 10.30am, with the outing to finish early.

Cost: \$16 for the picnic.

Tuesday, March 28

THE CONSERVATORY AT FITZROY GARDENS FLORAL EXHIBITION

Built in the classic Spanish mission style, with a spectacular colour palette, this building was officially opened in March 1930. The Conservatory houses magnificent indoor floral displays that are changed five times a year. Lunch is at the Elgin Inn Hotel in Hawthorn. **WALKING INVOLVED**

Thursday Fortnightly Outings

Thursday, March 2

MOUNT MARTHA & The Dava Hotel

Join us for a scenic drive to the relaxed, beachside town of Mount Martha, located on the southeastern shores of Port Phillip Bay in the Mornington Peninsular. Lunch is at the newly refurbished Dava Hotel, which offers stunning views of the bay from the rooftop terrace and a delicious selection of meals from its bistro. Seniors menu available.



Thursday, March 16

Blue Lotus Water gardens ***Early Start 9am**

Located in the beautiful Yarra Valley, these tropical-themed water gardens span over 50,000sq m. Stroll around and enjoy the grounds that include multiple ponds, two lakes, amazing fountains and thousands of flowering plants. Entry cost: \$20.50 concession. Lunch at the cafe on site.



Thursday, March 30

NO TRIP TODAY - STAFF PLANNING DAY

EVERGREEN CLUB

Wednesday Community Luncheons & Concerts

Join our Social Days

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

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. We offer a lunch/concert bundle, or you can choose to attend just the lunch or the concert.

Bookings are essential - please call 9836 9681 or email office@balwynevergreen.org.au

Wednesday, March 8

Old-Fashioned Roast Dinner

Three-Course Lunch:

Entrée: Pumpkin Soup
Main: Roast Beef with Pumpkin, Potatoes, Peas and lashings of Gravy
Dessert: Vanilla Ice Cream and Strawberry Coulis

Entertainment & Afternoon Tea:

Performer: Marcia Rae
Afternoon Tea: Scones and Cream

Time: 12pm-2.30pm
Cost: \$29 member, \$33 non-members
(lunch & concert)
RSVP: Monday, March 6

Wednesday, March 15

Saint Patrick's Day Irish-Inspired Lunch

Three-Course Lunch:

Entrée: Cauliflower & Potato Soup
Main: Irish Beef Stew with Mashed Potato
Dessert: Green Jelly with Cream and Fruit

Entertainment & Afternoon Tea:

Performer: Rosemary Hughson
Afternoon Tea: YoYo Biscuits

Time: 12pm-2.30pm
Cost: \$29 member, \$33 non-members
(lunch & concert)
RSVP: Monday, March 13



Wednesday, March 22

Harmony Day Community Lunch



Three-Course Lunch:

Entrée: Vegetable Soup
Main: Chicken Cacciatore with Baked Potato
Dessert: Ice Cream and Fruit

Entertainment & Afternoon Tea:

Performer: Philip Joseph of PJX Entertainment
Afternoon Tea: Assorted Biscuits

Time: 12pm-2.30pm
Cost: \$29 member, \$33 non-members
(lunch & concert)
RSVP: Monday, March 20

Wednesday, March 29

Fish and Chips

Three-Course Lunch:

Entrée: Chicken Soup
Main: Fish and Chips with Mixed Salad
Dessert: Mini Pavlovas with Fruit and Cream

Entertainment & Afternoon Tea:

Performer: Surprise! Come and find out on the day
Afternoon Tea: Sponge Cake

Time: 12pm-2.30pm
Cost: \$29 member, \$33 non-members
(lunch & concert)
RSVP: Monday, March 27

EXERCISE

at Balwyn Evergreen Centre

Exercise and Socialise - come along for a FREE trial

Join our popular exercise classes, led by our dedicated instructors, and enjoy a complimentary morning or afternoon tea with your group and trainer after. All classes are 60 minutes in duration.

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>	11am Seated Exercise to Music <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 <i>with Elizabeth</i>	11am Seated Strength Exercise <i>with Ed</i>
	1.45pm Strength Exercise <i>with Tom</i>	Evergreen Gym Studio Small Group Gym Sessions on Thursdays (45 minutes) 11am & 1.15pm. 1:1 sessions available		

Gentle Intensity

- Seated Strength Balance
- Tai Chi for Beginners

Moderate Intensity

- Strength Balance
- Challenge your Balance
- Strength Exercise
- Seated Exercise to Music
- Tai Chi for Intermediates
- Meditation

Active Classes

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

Our Trainers...

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



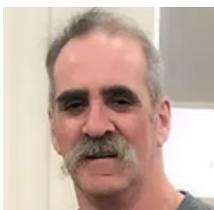
Simone Arndt



Jon North



Elizabeth Mackenzie



Tom Scott



Connie Wong



Lisa Paiman



Edward Wakeham

WHAT'S HAPPENING

Goodbye Ken and happy retirement

Retired CEO Ken McQualter has officially left the building.

In true Balwyn Evergreen style, we farewelled him with a delicious spread of afternoon tea and cake and presented him with a plaque as a token of appreciation. Thank you to the members of the Board of Directors who came along and shared a few words.

Bon voyage Ken - we wish you all the best with your retirement.



Venue hire for any occasion

Are you looking for a space to host an event or run a program from?

Or perhaps a one-off for a concert or party?

Our versatile rooms can be hired on a short or long-term basis and suit all occasions including celebrations, concerts, classes, workshops and community groups.

The stunning garden setting, bright spaces, excellent facilities and ample parking make BEC the perfect option.

Contact us for bookings or to arrange a tour.



Out and about...

Gardenworld in Braeside (left) and the green surrounds of Emerald (right) were highlights on last month's outings calendar. It's always great to get out and see the countryside. Would you like to join our next outing?

Check out page 5 for more information and how to book.

Hot Weather Policy

As per our policies and procedures, if the temperature is forecast to be 35DegC or hotter, all activities and classes will be cancelled, sometimes with short notice. We'll do our best to keep you updated. If you have any questions or concerns, please get in touch.



SUPPORT OUR WORK WITH A DONATION

Balwyn Evergreen Centre is a not-for-profit organisation that relies on donations from our community to run and maintain our programs and services.

We're a registered charity so all donations over \$2 are tax deductible.

Contact us today to arrange a donation. Your generosity is much appreciate.

Get social with us



@balwyn_evergreen



'Balwyn Evergreen Centre'

Some of our programs are funded by the Commonwealth Home Support Program. Make sure you are registered with My Aged Care to receive social support services through the Commonwealth Home Support Programme (CHSP) before we can provide you with this service.