

February

Activities Calendar - 2026



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		
2		3		4		5		6		
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education		Active Mod	9.30am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise 1pm-4pm Café drop in	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	Gentle Mod Mod	9.30am Men’s Exercises *9.30am Movement to Music 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga 1pm-4pm Café drop in	Active Active Tailored Mod Gentle	9.30am Women’s Super Circuit 10am Tai Chi 11am Seated Strength Exercise 11.15am Seated Tai Chi 10am-3pm Supported Lifestyle Program	Active Mod Gentle Gentle
9		10		11		12		13		
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education		Active Mod	**9am Bus Outing 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise 1pm-4pm Café drop in	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	Gentle Mod Mod	9.30am Men’s Exercises *9.30am Movement to Music 11am Senior Divas group 11.15am Gym Session 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga 1pm-4pm Café drop in	Active Active Tailored Mod Gentle	9.30am Women’s Super Circuit 10am Tai Chi 11am Seated Strength Exercise 11.15am Seated Tai Chi 10am-3pm Supported Lifestyle Program	Active Mod Gentle Gentle
16		17		18		19		20		
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23		24		25		26		27		
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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 Centre, your first exercise session is FREE
- Activities and programs are subject to change/cancellation at short notice
- *This exercise class is 45 minutes. All other classes are one hour
- ** Please note time change for this class

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

Peace of mind for you, a great day out for them



Allied Health at Balwyn Evergreen

Physiotherapy

With Erin Van Graan

A personalised experience treating anything from arthritis, tendonitis, sciatica, to post-surgical recovery.

Mondays from 10am-1pm
30-minute initial consult: \$144
20-minute standard consult: \$112
Balwyn Evergreen Clinic

This service is provided in partnership with Elevate Physio and Pilates in Balwyn.

Erin is passionate about providing the best possible service that has a personal approach, and is holistic and effective.

Podiatry

With Annie Hamilton

Addressing common issues, including overall foot care, nail care, callous removal and full diabetic assessments.

Fridays from 9am-3pm
Standard consult: \$80
Balwyn Evergreen Clinic

Annie is an experienced podiatrist and critical care nurse with more than 20 years of experience in the sector.

Both services might be able to be claimed on private health insurance, Medicare or your Support at Home package. Please check with your fund/package before signing up. Balwyn Evergreen door-to-door transport service available upon request - additional cost applies.

For more information and to book: 03 9836 9681 / office@balwynevergreen.org.au

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!

WEDNESDAYS & FRIDAYS FROM 10AM-3PM

Our Supported Lifestyle Program offers a warm, community-based experience filled with laughter and connections. It's designed for people living at home with mild dementia or cognitive decline who still want to get out and socialise.

What's included:

- Engaging activities to keep minds and bodies active
- A welcoming community setting, not an institution
- Dementia-trained staff and caring volunteers
- Morning tea, lunch and afternoon tea
- Optional bus transport to and from home

Caring for an ageing parent can be a lot to carry. Finding the right support should feel reassuring, not clinical. Contact us to find out how we can support your family.

**Balwyn
Evergreen is
my home
away from
home.**

Phillip, SLP client

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For bookings or enquiries
call 9836 9681 or email
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Follow us:

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 Raymond or the office know and we'll do the rest!

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