

July Activities Calendar - 2026

- 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 Exercise Coordinator Baylee before starting
- Activities and programs are subject to change/cancellation at short notice
- All other classes are 60 minutes unless stated otherwise
- * Please note time change for this class/activity
- ** Booking essential for this class/session



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		3	
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		LEGEND: Gentle – Gentle/Seated class Mod – Moderate Intensity Active – Active Class Tailored – Customised		**9.30am Falls Prevention Program 10.15am Strength Exercise 11am Seated Strength Exercise *11.45am Line Dancing 9.30am-3.30pm Supported Lifestyle Program		Tailored Mod Gentle Mod 9.30am Men’s Exercise 9.30am Exercise to Music (45 mins) 11am Senior Divas group **11.15am & 1.15pm Gym Session 1pm-3.30pm Table Tennis *2.15pm Meditation & Yoga (75 mins)		Active Active Tailored Mod Gentle 9.30am Women’s Strength + Balance 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program	
6		7		8		9		10	
10.30am Exercise to Music 12pm Seated Strength Exercise 1.30pm Digital Training Education **2pm Falls Prevention Program		9am-12pm Aged Care Navigator 9am Women’s Strength + Balance 9.30am Social Bus Outing 9.30am Challenge Your Balance **10.15am Gym Session 11.30am Seated Exercise to Music 1.45pm Seated Strength Exercise 1.45pm Strength Exercise		**9.30am Falls Prevention Program 10.15am Strength Exercise 11am Seated Strength Exercise *11.45am Line Dancing 9.30am-3.30pm Supported Lifestyle Program		*9am 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)		9.30am Women’s Strength + Balance 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program	
13		14		15		16		17	
10.30am Exercise to Music 12pm Seated Strength Exercise 1.30pm Digital Training Education **2pm Falls Prevention Program		9am Women’s Strength + Balance 9.30am Social Bus Outing 9.30am Challenge Your Balance **10.15am Gym Session 11.30am Seated Exercise to Music 1.45pm Seated Strength Exercise 1.45pm Strength Exercise		**9.30am Falls Prevention Program 10.15am Strength Exercise 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) 11am Senior Divas group **11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis *2.15pm Meditation & Yoga (75 mins)		9.30am Women’s Strength + Balance 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program	
20		21		22		23		24	
**9am Premium Bus Outing 10.30am Exercise to Music 12pm Seated Strength Exercise 1.30pm Digital Training Education **2pm Falls Prevention Program		9am Women’s Strength + Balance 9.30am Social Bus Outing 9.30am Challenge Your Balance **10.15am Gym Session 11.30am Seated Exercise to Music 1.45pm Seated Strength Exercise 1.45pm Strength Exercise		**9.30am Falls Prevention Program 10.15am Strength Exercise 11am Seated Strength Exercise *11.45am Line Dancing 9.30am-3.30pm Supported Lifestyle Program		*9am 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)		9.30am Women’s Strength + Balance 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program	
27		28		29		30		31	
10.30am Exercise to Music 12pm Seated Strength Exercise 1.30pm Digital Training Education **2pm Falls Prevention Program		9am Women’s Strength + Balance 9.30am Social Bus Outing 9.30am Challenge Your Balance **10.15am Gym Session 10.30am Hearing Clinic 11.30am Seated Exercise to Music 1.45pm Seated Strength Exercise 1.45pm Strength Exercise		**9.30am Falls Prevention Program 10.15am Strength Exercise 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) 11am Senior Divas group **11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis *2.15pm Meditation & Yoga (75 mins)		9.30am Women’s Strength + Balance 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program	

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



WEDNESDAYS & FRIDAYS FROM 9.30AM-3.30PM

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
- Tailored gentle exercise class led by an Accredited Exercise Physiologist
- 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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45 Talbot Ave, Balwyn VIC 3103
Open Mon-Fri 8.30am-4.30pm
www.balwynevergreen.org.au

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

Follow us:   



Get your hearing checked at our...

FREE



Hearing Clinic

Tuesday, July 28
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!



*Talk to 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!
9836 9681 / office@balwynevergreen.org.au

