

May

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

LEGEND:
Gentle – Gentle/Seated class
Mod – Moderate Intensity
Active – Active Class
Tailored – Customised



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
<ul style="list-style-type: none"> • 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 60 minutes • ** Please note time change for this class/activity • *** Booking essential for this class/session 			<p>PLEASE NOTE: Before getting started with your exercise plan, book a time to meet with Exercise Coordinator Baylee Eastham to make sure you're medically cleared to participate.</p>	
				1
				9.30am Women's Cross Training 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 10am-3pm Supported Lifestyle Program
4	5	6	7	8
10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education	9am-12pm Aged Care Navigation **9am Women's Cross Training 9.30am Social Bus Outing 9.30am Balance ***10.15am Gym Session 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	10.15am Strength Exercise **10.45am Seated Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	9.30am Men's Exercise *9.30am Movement to Music 11am Senior Divas group ***11.15am & 1.15pm Gym Session 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	9.30am Women's Cross Training 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 10am-3pm Supported Lifestyle Program
11	12	13	14	15
8.30am Premium Bus Outing 10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education	**9am Women's Cross Training 9.30am Social Bus Outing 9.30am Balance *10.15am Gym Session 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	10.15am Strength Exercise **10.45am Seated Exercise 11.30am Line Dancing 10am-3pm Supported Lifestyle Program	9.30am Community Bus Outing 9.30am Men's Exercise *9.30am Movement to Music ***11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	9.30am Women's Cross Training 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 10am-3pm Supported Lifestyle Program
18	19	20	21	22
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25	26	27	28	29
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Peace of mind for you, a great day out for them



LINE DANCING

at Balwyn Evergreen

Good fun and great moves guaranteed!



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

When: Weekly on Wednesdays

Time: 11.30am-12.30pm

Notes: Please wear comfortable clothing and shoes



MAKE THIS YOUR NEW THING:

- Suits all abilities
- Professional instructor
- Enhance mind and body
- Have a whole lot of fun
- Socialise with a cuppa after

YOUR FIRST CLASS IS FREE!

Book your spot at 9836 9681 or office@balwynevergreen.org.au

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

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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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:



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

