

November

Activities Calendar - 2025



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		
3		4		5		6		7		
10.30am Exercise to Music 12pm Seated Strength		Active Mod	CENTRE CLOSED FOR PUBLIC HOLIDAY		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 & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga 1pm-4pm Café drop in	Active Active Tailored Mod Gentle	10am Tai Chi 11am Seated Strength Exercise 10am-3pm Supported Lifestyle Program 9am-3pm Podiatry clinic	Gentle Mod
10		11		12		13		14		
10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education 10am-1pm Physio clinic		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 Exercise *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 2.30pm Play Reading in the Cafe	Active Active Tailored Mod Gentle	10am Tai Chi 11am Seated Strength Exercise 10am-3pm Supported Lifestyle Program 9am-3pm Podiatry clinic	Mod Gentle
17		18		19		20		21		
10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education 10am-1pm Physio clinic		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 10.30am-11am FREE Hearing Clinic 11am Senior Divas group 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	10am Tai Chi 11.15am Seated Tai Chi FREE TRIAL 11am Seated Strength Exercise 10am-3pm Supported Lifestyle Program 9am-3pm Podiatry clinic	Mod Gentle Mod
24		25		26		27		28		
10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training Education 10am-1pm Physio clinic		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 Exercise *9.30am Movement to Music 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga 1pm-2pm Chatty Café catch up 1pm-4pm Café drop in 2.30pm Play Reading in the Cafe	Active Active Tailored Mod Gentle	10am Tai Chi 11am Seated Strength Exercise 10am-3pm Supported Lifestyle Program 9am-3pm Podiatry clinic	Mod Gentle

Notes

- Transport to and from Balwyn Evergreen available weekdays (cost applies)
- If you’re new to Balwyn Evergreen, your first exercise session is FREE
- Activities and programs are subject to change/cancellation at short notice
- Check the newsletter for more information on highlighted activities
- *This exercise class is 45 minutes. All other exercise classes are 60 minutes
- ** Please note time change for this class/program

LEGEND:

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

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



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
40-minute initial consult: \$127
20-minute standard consult: \$97
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.



Erin Van Graan

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.



Annie Hamilton

*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

Get your hearing checked at our...

FREE



Hearing Clinic

Thursday, November 20
From 10.30am-12pm
At 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

Making a difference in the lives of older people one friendship at a time. To find out more and to get involved contact Balwyn Evergreen



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!



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!

9836 9681 / office@balwynevergreen.org.au

