

March Activities Calendar - 2023



Balwyn Evergreen Centre
 45 Talbot Ave, Balwyn VIC 3103
 Open Mon-Fri 8.30am-4.30pm
(03) 9836 9681
 office@balwynevergreen.org.au

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Join our Musical Group!</p> <p>March 30 at 10.30am</p> <p>Book now!</p> 		<p>1</p> <p>10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon 1.15pm Live Entertainment</p>	<p>2</p> <p>9.30am Men's Exercises 9.45am Movement to Music 10am Bus Outing 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation</p>	<p>3</p> <p>9am Tai Chi for Health 10am Tai Chi for Balance 11am Seated Strength Exercise 10am-3pm: *Social Wellbeing Program</p>
	<p>6</p> <p>9.15am Zumba Gold 10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education</p>	<p>7</p> <p>9.30 Balance Challenge 10am Bus Outings (See Newsletter) 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise</p>	<p>8</p> <p>10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon 1.15pm Live Entertainment</p>	<p>9</p> <p>9.30am Men's Exercises 9.45am Movement to Music 11am Senior "Divas" group 11am Men's Cooking Group 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation</p>
<p>LABOUR DAY PUBLIC HOLIDAY CENTER CLOSED</p>	<p>14</p> <p>9.30 Balance Challenge 10am Bus Outings (See Newsletter) 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise</p>	<p>15</p> <p>10.15am Seated Exercise 10.15am Strength Exercise 12pm St Patrick Day Community Luncheon 1.15pm Live Entertainment</p> 	<p>16</p> <p>9.30am Men's Exercises 9.45am Movement to Music 10am Bus Outing 11.15am & 1.15pm Gym 1pm-3.30pm Table Tennis 2.30pm Meditation</p>	<p>17</p> <p>9am Tai Chi for Health 10am Tai Chi for Balance 11am Seated Strength Exercise 10am-3pm: *Social Wellbeing Program</p>
	<p>20</p> <p>9.15am Zumba Gold 10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education</p>	<p>21</p> <p>9.30 Balance Challenge 10am Bus Outings (See Newsletter) 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise</p>	<p>22</p> <p>10.15am Seated Exercise 10.15am Strength Exercise 12pm Harmony Day Community Luncheon 1.15pm Live Entertainment</p> 	<p>23</p> <p>9.30am Men's Exercises 9.45am Movement to Music 11am Senior "Divas" group 11am Men's Cooking Group 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation</p>
<p>27</p> <p>9.15am Zumba Gold 9.30am Shopping Bus 10.30am Exercise to Music 12pm Strength & Balance</p>	<p>28</p> <p>9.30 Balance Challenge 10am Bus Outings (See Newsletter) 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise</p>	<p>29</p> <p>10.15am Seated Exercise 10.15am Strength Exercise 12pm Fish & Chips Community Luncheon 1.15pm Live Entertainment</p>	<p>30</p> <p>9.30am Men's Exercises 9.45am Movement to Music 10am Bus Outing 10.30am Musical Group 11.15am & 1.15pm Gym 1pm-3.30pm Table Tennis 2.30pm Meditation</p>	<p>31</p> <p>9am Tai Chi for Health 10am Tai Chi for Balance 11am Seated Strength Exercise 10am-3pm: *Social Wellbeing Program</p>

LEGEND: Gentle – Gentle Exercises
 Mod – Moderate Intensity
 Active – Active Class

***Social Wellbeing Program**

Our Social Wellbeing programs include pick up/drop off, morning tea, an exercise session, three-course lunch followed by afternoon activities and a cuppa.

- Transport to and from BEC available weekdays!
 - Ask about our memberships (it gives you discounts to all activities)
 - If you're new to Balwyn Evergreen Centre, your first session is FREE
- *Activities Program subject to change at short notice*

Vote for Balwyn Evergreen in the CommBank Community Donations Program

Simply scan the QR code below and follow the prompts. Or visit the Balwyn CommBank Branch, at 333 Whitehorse Rd, before March 31. Anyone can participate so scan/pop in and vote for us!



Balwyn Evergreen

Supports Friendship & Social Engagement

How to vote...

1. Scan the code
2. Select 'Vote Now'
3. Enter 'Balwyn' as the branch
4. Select 'Next'
5. Select 'Balwyn Evergreen'
6. Select 'Next' and you're done!



THANK YOU FOR YOUR SUPPORT!

BEC Exercise

New to Balwyn Evergreen Exercise? Come along for a FREE trial of any of our classes! *

Gentle Intensity Classes

- Seated Strength Balance
- Tai Chi for Beginners

Moderate Intensity Classes

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

Active Intensity Classes

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

WHAT WE OFFER...

60-minute classes

A cuppa with your group and instructor after

Welcoming community – new friends guaranteed.

Improve your mental and physical wellbeing.

Classes for all abilities

Safely rehabilitate from surgery or injury

Excellent variety and value

*Applies to first-time exercise clients

Outing highlights for March...



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 south-eastern 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 Walking involved.

YARRA VALLEY Blue Lotus Water gardens

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 café on site. **Early start 9am**