

# October Activities Calendar - 2022



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>31</b>				
<b>9.00 Shopping Bus</b> 9.15 Zumba Gold 10.30 Exercise to Music 12.00 Strength & Balance <b>1.30 Digital Training Education</b>	<b>2022 Victorian Seniors' Week High Tea</b> \$10.00 per person Bookings are essential please call 9836 9681 to secure your seat RSVP: Friday, September 29th	<b>Spring Promotions...</b> <b>FREE Lunch and Concert for New Members!</b> If you're new to the Balwyn Evergreen Centre, join us for an afternoon and make some new friends! Simply contact us to book and join in the fun! <b>FREE lunch when you bring a friend</b> Bring a friend who isn't a member at Balwyn Evergreen Centre, and we will shout you and your friend lunch on us!		
<b>3</b>				
<b>9.00 Shopping Bus</b> 9.15 Zumba Gold 10.30 Exercise to Music 12.00 Strength & Balance <b>1.30 Digital Training Education</b>	9.30 Balance Challenge <b>10.00 Bus outing</b> 2 outings on offer (See Newsletter) 11.00 Chairobics 13.45 Seated Exercise 13.45 Strength Exercise	10.15 Seated Exercise 10.15 Strength Exercise <b>11.30 High Tea</b> 1.15 Live Entertainment	9.30 Men's Exercises 9.45 Movement to Music <b>11.00 Senior "Divas" group</b> 11.15, 1.15 & 2.00pm Gym Sessions 1.00 Community Table Tennis 2.30 Mediation <b>10.00- 3pm: Social Wellbeing Program*</b>	9.00 Tai Chi for Health 10.00 Tai Chi for Balance <b>11.00 Seated Strength Exercise</b> <b>10.00 - 3pm: Social Wellbeing Program</b>
<b>10</b>				
<b>9.00 Shopping Bus</b> 9.15 Zumba Gold 10.30 Exercise to Music 12.00 Strength & Balance	9.30 Balance Challenge <b>10.00 Bus outing</b> 2 outings on offer (See Newsletter) 11.00 Chairobics 13.45 Seated Exercise 13.45 Strength Exercise	10.15 Seated Exercise 10.15 Strength Exercise <b>12.00 Community Luncheon</b> 1.15 Live Entertainment	9.30 Men's Exercises 9.45 Movement to Music <b>11.00 Senior "Divas" group</b> 11.15, 1.15 & 2.00pm Gym Sessions 1.00 Community Table Tennis 2.30 Yoga & Mediation <b>10.00- 3pm: Social Wellbeing Program*</b>	9.00 Tai Chi for Health 10.00 Tai Chi for Balance <b>11.00 Seated Strength Exercise</b> <b>10.00 - 3pm: Social Wellbeing Program</b>
<b>17</b>				
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<b>24</b>				
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**LEGEND:** Gentle - Gentle Exercises  
 Mod - Moderate Intensity  
 Active - Active Class

**Shopping Bus** - pick up and drop off at your home \$18 - Bookings Essential

**\*Social Wellbeing Program:** Our Social Wellbeing programs include pickup/drop off, morning tea, exercise session, 3 course lunch followed by afternoon activities & cuppa.

- Transport to and from the centre available weekdays!
  - Ask about our memberships (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*

