

December

Activities Calendar - 2023



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	
 Try our new Pilates class. Mondays 5.30pm								1	
									10am Tai Chi 11am Seated Strength Exercise 10am-3pm *Social Wellbeing Program Mod Gentle
4		5		6		7		8	
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education Active Mod		9.30am Balance challenge 10am Bus Outings 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise Mod Mod Gentle Mod		10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon 1.15pm Live Entertainment Gentle Mod		10.30am Men's Exercises 9.45am Movement to Music 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation Active Active Tailored Mod Gentle		10am Tai Chi 11am Seated Strength Exercise 10am-3pm *Social Wellbeing Program Mod Gentle	
11		12		13		14		15	
10.30am Exercise to Music 12pm Strength & Balance 5.30pm Pilates New Active Mod Active		9.30am Balance challenge 10am Bus Outings 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise Mod Mod Gentle Mod		10.15am Seated Exercise 10.15am Strength Exercise 2pm Volunteer Xmas Party Gentle Mod		10.30am Men's Exercises 9.45am Movement to Music 11am Senior "Divas" group 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation Active Active Tailored Mod Gentle		10am Tai Chi 11am Seated Strength Exercise 10am-3pm *Social Wellbeing Program 12pm Final Community Luncheon for 2023 Mod Gentle	
18		19		20		21		22	
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education Active Mod Active		9.30am Balance challenge 10am Bus Outings 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise Mod Mod Gentle Mod		NO PROGRAMS TODAY		NO PROGRAMS TODAY CENTRE CLOSSES FOR CHRISTMAS BREAK AT 11.30AM		CENTRE CLOSED FOR CHRISTMAS BREAK	

To all our clients, friends, and volunteers... thank you for allowing us to be a part of your family. Have a safe and enjoyable festive season and we'll see you in 2024!



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 Balwyn Evergreen available weekdays (additional cost)
- If you're new to exercise at Balwyn Evergreen, your first session is FREE
- Exercise classes may be subject to change/cancellation at short notice
- *Activities and programs are subject to change/cancellation at short notice

January

Activities Calendar - 2024



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1		2		3		4		5			
CENTRE CLOSED FOR CHRISTMAS BREAK			CENTRE CLOSED FOR CHRISTMAS BREAK			CENTRE CLOSED FOR CHRISTMAS BREAK			CENTRE CLOSED FOR CHRISTMAS BREAK		
8		9		10		11		12			
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training with Bo		Active Mod Active	9.30am Balance challenge 10am Bus outings 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15 Seated Exercise 10.15 Strength Exercise	Gentle Mod	9.30am Men’s Exercises 9.45am Movement to Music 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation	Active Active Tailored Mod Tailored	11am Seated Strength Exercise 10am-3pm **Social Wellbeing Program		Gentle
15		16		17		18		19			
10.30am Exercise to Music 12pm Strength & Balance		Active Mod Active	9.30am Balance challenge 10am Bus outings 11.30am * Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise	Gentle Mod	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	Active Active Tailored Mod Tailored	10am Tai Chi 11am Seated Strength Exercise 10am-3pm **Social Wellbeing Program		Mod Gentle
22		23		24		25		26			
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training with Bo 5.30pm Pilates New		Active Mod Active	9.30am Balance challenge 10am Bus outings 11.30am * Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon welcome back BBQ 1.15pm Live Entertainment	Gentle Mod	9.30am Men’s Exercises 9.45am Movement to Music 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation	Active Active Tailored Mod Tailored	CENTRE CLOSED FOR PUBLIC HOLIDAY		
29		30		31							
10.30am Exercise to Music 12pm Strength & Balance 5.30pm Pilates New		Active Mod Active	9.30am Balance challenge 10am Bus outings 11.30am * Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon 1.15pm Live Entertainment						

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- * Please note new time for this class from 16/01 onwards
- **Activities and programs are subject to change/cancellation at short notice