

August

Activities Calendar - 2026



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 Exercise 1.30pm Digital Training Education **2pm Falls Prevention Program	Active Mod Tailored	9am Strength + Balance Circuit 9.30am Social Bus Outing 9.30am Challenge Your Balance **10.15am Gym Session 11.30am Seated Exercise to Music 1.45pm Seated Strength Exercise	Active Mod Tailored Mod Gentle Mod	**9.30am Falls Prevention Program 10.15am Strength Exercise 10.30am Chatty Café Launch 11am Seated Strength Exercise *11.45am Line Dancing 9.30am-3.30pm Supported Lifestyle Program	Tailored Mod Gentle Mod	*9am Community Bus Outing 9.30am Men's Exercise 9.30am Exercise to Music (45 mins) **11.15am & 1.15pm Gym Session 1pm-3.30pm Table Tennis 2.15pm Meditation & Yoga (75 mins)	Active Active Tailored Mod Gentle	9.30am Strength + Balance Circuit 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program	Active Mod Gentle Gentle
10		11		12		13		14	
10.30am Exercise to Music 12pm Seated Strength Exercise 1.30pm Digital Training Education **2pm Falls Prevention Program	Active Mod Tailored	9am Strength + Balance Circuit 9.30am Social Bus Outing 9.30am Challenge Your Balance **10.15am Gym Session 11.30am Seated Exercise to Music 1.45pm Seated Strength Exercise 1.45pm Strength Exercise	Active Mod Tailored Mod Gentle Mod	**9.30am Falls Prevention Program 10.15am Strength Exercise 10.30am Chatty Cafe 11am Seated Strength Exercise 11.45am Line Dancing 9.30am-3.30pm Supported Lifestyle Program	Tailored Mod Gentle Mod	9.30am Men's Exercise 9.30am Exercise to Music (45 mins) 11am Senior Divas group **11.15am & 1.15pm Gym Session 1pm-3.30pm Table Tennis 2.15pm Meditation & Yoga (75 mins)	Active Active Tailored Mod Gentle	9.30am Strength + Balance Circuit 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program	Active Mod Gentle Gentle
17		18		19		20		21	
10.30am Exercise to Music 12pm Seated Strength Exercise 1.30pm Digital Training Education **2pm Falls Prevention Program	Active Mod Tailored	9am Strength + Balance Circuit 9.30am Social Bus Outing 9.30am Challenge Your Balance **10.15am Gym Session 11.30am Seated Exercise to Music 1.45pm Seated Strength Exercise 1.45pm Strength Exercise	Active Mod Tailored Mod Gentle Mod	**9.30am Falls Prevention Program 10.15am Strength Exercise 10.30am Chatty Cafe 11am Seated Strength Exercise 11.45am Line Dancing 9.30am-3.30pm Supported Lifestyle Program	Tailored Mod Gentle Mod	*9am Community Bus Outing 9.30am Men's Exercise 9.30am Exercise to Music (45 mins) 11am Navigating the Aged Care System Information Session **11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.15pm Meditation & Yoga (75 mins)	Active Active Tailored Mod Gentle	9.30am Strength + Balance Circuit 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program	Active Mod Gentle Gentle
24		25		26		27		28	
**9am Premium Bus Outing 10.30am Exercise to Music 12pm Seated Strength Exercise 1.30pm Digital Training Education **2pm Falls Prevention Program	Active Mod Tailored	9am Strength + Balance Circuit 9.30am Social Bus Outing 9.30am Challenge Your Balance **10.15am Gym Session 11.30am Seated Exercise to Music 1.45pm Seated Strength Exercise 1.45pm Strength Exercise	Active Mod Tailored Mod Gentle Mod	**9.30am Falls Prevention Program 10.15am Strength Exercise 10.30am Chatty Cafe 11am Seated Strength Exercise *11.45am Line Dancing 9.30am-3.30pm Supported Lifestyle Program	Tailored Mod Gentle Mod	9.30am Men's Exercise 9.30am Exercise to Music (45 mins) 1am Senior Divas group **11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.15pm Meditation & Yoga (75 mins)	Active Active Tailored Mod Gentle	9.30am Strength + Balance Circuit 10am Tai Chi for Balance 11am Seated Strength Exercise 11.15am Seated Tai Chi 9.30am-3.30pm Supported Lifestyle Program	Active Mod Gentle Gentle
31		10.30am Exercise to Music 12pm Seated Strength Exercise 1.30pm Digital Training Education Active Mod • Transport to and from Balwyn Evergreen available weekdays • If you're new to Balwyn Evergreen, your first exercise session is FREE • New exercise clients must be assessed by Exercise Coordinator Baylee before starting • Activities and programs are subject to change/cancellation at short notice • All other classes are 60 minutes unless stated otherwise • * Please note time change for this class/activity • ** Booking essential for this class/session							
						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	

WISER DRIVER COURSE

FREE four-week refresher course at Balwyn Evergreen



Join us for an informative, informal and friendly refresher course to upgrade your knowledge and build on your experience to keep you driving safely.

TOPICS COVERED

- Driving today
- Car safety features
- Safety tips for wiser driving
- Being roadworthy
- Safety rules
- Planning for the future

Plus you'll receive hard copy and online resources!

DATES: Monday, September 7, 14, 21 & 28

TIMES: 1pm to 3pm

WHERE: Hall 3

RSVP: Balwyn Evergreen or via QR code



Scan to book



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Bookings or enquiries
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FREE INFORMATION SESSION



NAVIGATING THE AGED CARE SYSTEM with Health Ability

to join us for an easy-to-understand information session designed to help you feel more confident about navigating aged care services.

**Thursday, August 20
from 11am-12pm**

To book, contact the office or scan the code



45 Talbot Ave, Balwyn 3103
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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

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

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!

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