

# September Activities Calendar - 2024



**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
<b>2</b> ***11.30am Exercise to Music 12pm Strength & Balance <b>1.30pm Digital Training with Bo</b>	<b>3</b> 9.30am Balance <b>10am Bus Outing</b> 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	<b>4</b> 10.15am Seated Exercise 10.15am Strength Exercise <b>11.30am Line Dancing</b> <b>12.15pm Evergreen Community Group Lunch</b> 1.15pm Live Entertainment	<b>5</b> 9.30am Men's Exercises *9.30am Movement to Music 11.15am & 1.15pm Gym Sessions <b>1pm-3.30pm Table Tennis</b> <b>11.30am Free talk: Retirement Village Living</b> 2.30pm Meditation & Yoga	<b>6</b> 10am Tai Chi <b>11am Seated Strength Exercise 10am-3pm</b> <b>**Social Wellbeing Program</b>
<b>9</b> 10.30am Exercise to Music 12pm Strength & Balance	<b>10</b> 9.30am Balance <b>10am Bus Outing</b> 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	<b>11</b> 10.15am Seated Exercise 10.15am Strength Exercise <b>11.30am Line Dancing</b> <b>12.15pm Evergreen Community Group Lunch</b> 1.15pm Live Entertainment	<b>12</b> 9.30am Men's Exercises *9.30am Movement to Music <b>11am Senior "Divas" group</b> 11.15am & 1.15pm Gym Sessions <b>1pm-3.30pm Table Tennis</b> 2.30pm Meditation & Yoga	<b>13</b> 10am Tai Chi <b>11am Seated Strength Exercise 10am-3pm</b> <b>**Social Wellbeing Program</b>
<b>16</b> ***11.30am Exercise to Music 12pm Strength & Balance <b>1.30pm Digital Training with Bo</b>	<b>17</b> 9.30am Balance <b>9.45am Bus Outing (early start)</b> 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	<b>18</b> 10.15am Seated Exercise 10.15am Strength Exercise <b>11.30am Line Dancing</b> <b>12.15pm Evergreen Community Group Lunch</b> 1.15pm Live Entertainment	<b>19</b> 9.30am Men's Exercises *9.30am Movement to Music 11.15am & 1.15pm Gym <b>1pm-3.30pm Table Tennis</b> 2.30pm Meditation & Yoga	<b>20</b> <b>11am Seated Strength Exercise 10am-3pm</b> <b>**Social Wellbeing Program</b>
<b>23</b> 10.30am Exercise to Music 12pm Strength & Balance	<b>24</b> 9.30am Balance <b>10am Bus Outing</b> 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	<b>25</b> 10.15am Seated Exercise 10.15am Strength Exercise <b>11.30am Line Dancing</b> <b>12.15pm Evergreen Community Group Lunch</b> 1.15pm Live Entertainment	<b>26</b> 9.30am Men's Exercises *9.30am Movement to Music <b>11am Senior "Divas" group</b> 11.15am & 1.15pm Gym Sessions <b>1pm-3.30pm Table Tennis</b> 2.30pm Meditation & Yoga	<b>27</b> <b>CLOSED FOR GRAND FINAL PUBLIC HOLIDAY</b>
<b>30</b> 10.30am Exercise to Music 12pm Strength & Balance <b>1.30pm Digital Training With Bo</b>	<div style="display: flex; align-items: center;"> <div style="flex: 1;"> <h2 style="margin: 0;">Victorian Seniors Festival 2024</h2> </div> <div style="flex: 2; text-align: center;"> <h2 style="margin: 0;">SAVE THE DATES FOR BALWYN EVERGREEN'S EVENTS!</h2> </div> <div style="flex: 1;"> <ul style="list-style-type: none"> <li>• <b>October 2 – Balwyn Evergreen High Tea</b></li> <li>• <b>October 17 – Information Expo</b></li> <li>• <b>October 24 – Antiques Roadshow</b></li> </ul> </div> </div>			

**LEGEND:**  
 Gentle – Gentle Exercises  
 Mod – Moderate Intensity  
 Active – Active Class  
 Tailored – Customised

**\*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
- If you're new to Balwyn Evergreen Centre, your first exercise session is FREE
- \*This exercise class is 45 minutes. All other classes are one hour
- \*\*Activities and programs are subject to change/cancellation at short notice
- \*\*\* Note time change for this session only

Let's celebrate our community!

# Victorian Seniors Festival 2024

**EXPLORE.  
ENGAGE.  
EVOLVE.**



## OCTOBER 2024

**02**  
**WED**  
1.30PM-4PM

### HIGH TEA

Our famous High Tea is back with delicious food, quality entertainment and a complimentary glass of bubbles on arrival.

**Tickets: \$20, pre-purchase at the office**  
**RSVP: Friday, September 20 at 4.30pm**

**17**  
**THURS**  
11AM-2PM

### INFORMATION EXPO

Find out about programs and services available locally at this free information expo. Includes, expo stands, three information sessions throughout the day, plus a sausage sizzle!

**Tickets: FREE entry**  
**Information sessions: register at the office**

**24**  
**THURS**  
1PM-3PM

### ANTIQUES ROADSHOW

Hosted by The Balwyn Historical Society and The Concierge, enjoy an afternoon of antique appraisals and live music. Includes afternoon tea.

**Cost: \$10 to register an item for appraisal**  
**RSVP: Thursday, October 10 at 5pm**  
**Contact: Matthew on 0438 079 475**  
**Tickets: BalwynShow.eventbrite.com.au**

## Refer a friend and enjoy a movie on us!

### We need more stellar volunteers to join the Aged Care Volunteer Visitors Scheme!

If you know someone you think would suit this role, please share their details.

Once they sign up and start visiting, you'll BOTH receive a double pass to Palace Cinemas!

Volunteer commitment for this scheme is a minimum of one-hour a fortnight for 12 months. Must be over 18 to apply.



T&Cs: You can refer as many people as you like to the scheme. Your friend must log one visit for you both to be eligible for the tickets. Offer available to first five successful referrals. Offer expires November 30, 2024.

**Balwyn Evergreen: 03 9836 9681**  
**volunteer@balwynevergreen.org.au**



Funded by the Australian Government  
Department of Health and Aged Care

NEW TO BALWYN  
EVERGREEN

### LINE DANCING

Get moving in this  
toe-tapping program



NOW

WEEKLY

**When:** Weekly on Wednesdays  
**Time:** 11.30am-12.30pm  
**Notes:** Please wear comfortable  
clothing and shoes



#### MAKE THIS YOUR NEW THING:

- Suits all abilities
- Professional instructor
- Enhance mind and body
- Have a whole lot of fun
- Socialise with a cuppa after

**YOUR  
FIRST  
CLASS IS  
FREE!**

📍 Book your spot at 9836 9681 or office@balwynevergreen.org.au

### Allied Healthy Podiatry

Appointments  
Fridays with  
Podiatrist Annie  
Hamilton.  
A dedicated clinic  
for older people.  
Call today to book.

### Be Connected

Every Australian online

Anything tech  
related,  
Bo can help.  
Book your free  
session today!

Supported by the  
Australian Government

### Exercise at Balwyn Evergreen

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

