

April 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
1 CLOSED FOR EASTER MONDAY PUBLIC HOLIDAY	2 9.30am Balance 10am Bus Outing 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	3 10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Group Lunch 1.15pm Live Entertainment	4 9.30am Men's Exercises *9.30am Movement to Music 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	5 10am Tai Chi 11am Seated Strength Exercise 10am-3pm **Social Wellbeing Program
8 10.30am Exercise to Music 12pm Seated Strength 5.30pm Pilates	9 9.30am Balance 10am Bus Outing 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	10 10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Group Lunch 1.15pm Live Entertainment	11 9.30am Men's Exercises *9.45am Movement to Music 11am Senior "Divas" group 11.15am & 1.15pm Gym 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	12 10am Tai Chi 11am Seated Strength Exercise 10am-3pm **Social Wellbeing Program
15 10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training with Bo 5.30pm Pilates	16 9.30am Balance 10am Bus Outing 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	17 10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Group Lunch 1.15pm Live Entertainment	18 9.30am Men's Exercises *9.30am Movement to Music 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	19 10am Tai Chi 11am Seated Strength Exercise 10am-3pm **Social Wellbeing Program
22 10.30am Exercise to Music 12pm Seated Strength 5.30pm Pilates	23 9.30am Balance 10am Bus Outing 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	24 10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Group Anzac Lunch 1.15pm Live Entertainment	25 CLOSED FOR ANZAC DAY PUBLIC HOLIDAY	26 10am Tai Chi 11am Seated Strength Exercise 10am-3pm **Social Wellbeing Program
29 10.30am Exercise to Music 12pm Seated Strength 1.30pm Digital Training with Bo 5.30pm Pilates	30 9.30am Balance 10am Bus Outing 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	<div style="display: flex; align-items: center;"> <div style="margin-left: 20px;"> <p>Take the opportunity to remember servicepeople past and present at a Dawn Service near you.</p> <p>Find out where you can pay your respects at www.rslvic.com.au.</p> </div> </div>		

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
- 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

Thanks for supporting our 2024



Open Day.

— Sat 23 March, 10am-2pm —
45 TALBOT AVE, BALWYN 3103



Community partners

City of Boroondara
VicProp Boroondara
Bread Street
Enni Fashion
Bennet's Butchery
FoodFilled

Fruit Nest
Baker's Delight Balwyn
The Y – Boroondara Leisure
and Aquatic Facilities
Camberwell Camera Club
KX Pilates Balwyn North

Exhibitors

Balwyn Historical Society
Hong Kong Club Tai Chi Group
Boroondara Chinese Senior Citizens
Access Health
Health Ability

The Y – Boroondara Leisure and
Aquatic Facilities
Baha'i Community of Boroondara
Ignite Performing Arts Studio
My Song Music Classes

Thank you to our valued volunteers and staff who made this event possible and to our community for all your support!

Would you like to make a new friend?

ACVVS visitors are volunteers who join their local service provider and are matched with a person based on their shared interests. All visitors receive training, ongoing support and must have regular police checks.

A matched volunteer will visit for one hour, once a fortnight. Visits can be one-on-one or small group visits to residential aged care homes or one-on-one visits to people at home.

We aim to support people from diverse backgrounds, including cultural, linguistic, LGBTQI+ and veterans. ACVVS visits are available to anyone in government-subsidised residential aged care or on Home Care Packages.



A free service to help older people maintain their social connections

FUNDED BY THE AUSTRALIAN GOVERNMENT



Be Connected
Every Australian online.

Want to build your online skills?

Free, local support is available through our Be Connected program.



Allied Healthy Podiatry

Appointments Fridays with Podiatrist Annie Hamilton.

A dedicated clinic for older people.

Call today to book.

Exercise at Balwyn Evergreen

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

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

For more information, please contact the office. Or drop in for a chat and look around.