

July 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	10.30am Exercise to Music 12pm Strength & Balance	Active Mod	2	9.30am Balance 10am Bus Outing 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	3	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 12pm Evergreen Community Group Lunch 1.15pm Live Entertainment	Gentle Mod Mod	4	9.30am Men's Exercises *9.30am Movement to Music 11am Senior "Divas" group 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	Active Active Tailored Mod Tailored	5	10am Tai Chi 11am Seated Strength Exercise 10am-3pm **Social Wellbeing Program	Mod Gentle
8	11.30am Exercise to Music (note time change) 12pm Strength & Balance 1.30pm Digital Training with Bo	Active Mod	9	9.30am Balance 9am Bus Outing (early start) 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10	10.15am Seated Exercise 10.15am Strength Exercise 12pm Evergreen Community Group Lunch 1.15pm Live Entertainment	Gentle Mod	11	9.30am Men's Exercises *9.30am Movement to Music 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis	Active Active Tailored Mod	12	10am Tai Chi 11am Seated Strength Exercise 10am-3pm **Social Wellbeing Program	Mod Gentle
15	11.30am Exercise to Music (note time change) 12pm Strength & Balance	Active Mod	16	9.30am Balance 9am Bus Outing (early start) 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	17	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 12pm Evergreen Community Group Lunch 1.15pm Live Entertainment	Gentle Mod Mod	18	9.30am Men's Exercises *9.30am Movement to Music 11am Senior "Divas" group 11.30am History Talks: 10 Pound Poms 11.15am & 1.15pm Gym 1pm-3.30pm Table Tennis 2.30pm Meditation & Yoga	Active Active Tailored Mod Tailored	19	10am Tai Chi 11am Seated Strength Exercise 10am-3pm **Social Wellbeing Program	Mod Gentle
22	11.30am Exercise to Music (note time change) 12pm Strength & Balance 1.30pm Digital Training With Bo	Active Mod	23	9.30am Balance 9.30am Bus Outing (early start) 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	24	10.15am Seated Exercise 10.15am Strength Exercise 12pm Evergreen Community Group Lunch 1.15pm Live Entertainment	Gentle Mod	25	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	Active Active Tailored Mod Tailored	26	10am Tai Chi 11am Seated Strength Exercise 10am-3pm **Social Wellbeing Program	Mod Gentle
29	10.30am Exercise to Music 12pm Strength & Balance	Active Mod	30	9.30am Balance 10am Bus Outing 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	31	10.15am Seated Exercise 10.15am Strength Exercise 11.30am Line Dancing 12pm Evergreen Community Group Lunch 1.15pm Live Entertainment	Gentle Mod Mod						

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

We've adjusted our prices!

Balwyn Evergreen Centre Price List

Effective from 01/07/2024

To access CHSP prices, you must be assessed and approved via My Aged Care for social support group services with Balwyn Evergreen

NO MEMBERSHIP FEES!

Pricing Schedule

	CHSP Assessed & Approved	Non Assessed
Exercise Programs		
Group Exercise Classes	\$11	\$15
Line Dancing	\$11	\$15
Gym - Small Group Sessions	\$11	\$15
Table Tennis (self-led)	\$5	\$5
Social Support Group Programs (SSG)		
Active Living Group	\$59	\$150
Community Lunch **	\$20	\$30
Evergreen Community Group	\$25	\$35
Tuesday Bus Outings *	\$27	\$35
Senior Divas	\$20	\$30
Local Transport		
One way in zone	\$9.50	\$11.50
Return in zone	\$19	\$23
One way out of zone	\$13.50	\$17.50
Return out of zone	\$27	\$35
Allied Health		
Podiatry	\$70	\$70
Social Support Individual (SSI)		
Dog Walking ***	\$10	\$20

*Home Care Package price \$120, includes supervision
 **Community Lunch not available for Home Care Packages
 *** CHSP and HACC-PYP cost the same. Dog walking charged per month
 Please note, Men's Cooking and Musical Group are under review

Volunteer to make meaningful friendships & community connections

Be part of something great as a volunteer visitor, providing friendship and companionship to isolated older people as part of the **Aged Care Volunteer Visitors Scheme (ACVVS)**.

- Visit an older person in their home or aged care facility
- Make a genuine difference
- Feel valued & appreciated
- Training & support provided



Funded by the Australian Government Department of Health and Aged Care



Balwyn Evergreen Centre
 45 Talbot Ave, Balwyn 3103 / 03 9836 9681
 volunteer@balwynevergreen.org.au
 www.balwynevergreen.org.au

NEW TO BALWYN EVERGREEN

LINE DANCING

Get moving in this toe-tapping program



When: Fortnightly 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!

