

# November 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      | 10am Tai Chi<br><b>11am Seated Strength Exercise</b><br>10am-3pm<br>Supported Lifestyle Program<br>Mod<br>Gentle |
| 4      | **9.30am Exercise to Music<br>12pm Strength & Balance<br>Active<br>Mod  | 5       | <b>No classes today!</b><br><b>Centre closed for Melbourne Cup Public Holiday</b>   | 6         | 10.15am Seated Exercise<br>10.15am Strength Exercise<br><b>11.30am Line Dancing</b><br><b>12.15pm Evergreen Community Group Lunch</b><br>1.15pm Live Entertainment<br>Gentle<br>Mod<br>Mod | 7        | 9.30am Men's Exercises<br>*9.30am Movement to Music<br><b>11am Senior "Divas" group</b><br>11.15am & 1.15pm Gym Sessions<br><b>1pm-3.30pm Table Tennis</b><br>2.30pm Meditation & Yoga<br>Active<br>Active<br>Tailored<br>Mod<br>Tailored                            | 8      | 10am Tai Chi<br><b>11am Seated Strength Exercise</b><br>10am-3pm<br>Supported Lifestyle Program<br>Mod<br>Gentle |
| 11     | 10.30am Exercise to Music<br>12pm Strength & Balance<br><b>1.30pm Digital Training with Bo</b><br>Active<br>Mod | 12      | 9.30am Balance<br><b>9am Bus Outing (early start)</b><br>11.30am Seated Exercise<br>1.45pm Seated Strength<br>1.45pm Strength Exercise<br>Mod<br>Mod<br>Gentle<br>Mod | 13        | 10.15am Seated Exercise<br>10.15am Strength Exercise<br><b>11.30am Line Dancing</b><br><b>12.15pm Evergreen Community Group Lunch</b><br>1.15pm Live Entertainment<br>Gentle<br>Mod<br>Mod | 14       | 9.30am Men's Exercises<br>*9.30am Movement to Music<br>11.15am & 1.15pm Gym<br><b>11.30am Info Session: Volunteering with Evergreen Connections</b><br><b>1pm-3.30pm Table Tennis</b><br>2.30pm Meditation & Yoga<br>Active<br>Active<br>Tailored<br>Mod<br>Tailored | 15     | 10am Tai Chi<br><b>11am Seated Strength Exercise</b><br>10am-3pm<br>Supported Lifestyle Program<br>Mod<br>Gentle |
| 18     | 10.30am Exercise to Music<br>12pm Strength & Balance<br>Active<br>Mod   | 19      | 9.30am Balance<br><b>10am Bus Outing</b><br>11.30am Seated Exercise<br>1.45pm Seated Strength<br>1.45pm Strength Exercise<br>Mod<br>Mod<br>Gentle<br>Mod              | 20        | 10.15am Seated Exercise<br>10.15am Strength Exercise<br><b>11.30am Line Dancing</b><br><b>12.15pm Evergreen Community Group Lunch</b><br>1.15pm Live Entertainment<br>Gentle<br>Mod<br>Mod | 21       | 9.30am Men's Exercises<br>*9.30am Movement to Music<br><b>11am Senior "Divas" group</b><br>11.15am & 1.15pm Gym Sessions<br><b>1pm-3.30pm Table Tennis</b><br>2.30pm Meditation & Yoga<br>Active<br>Active<br>Tailored<br>Mod<br>Tailored                            | 22     | 10am Tai Chi<br><b>11am Seated Strength Exercise</b><br>10am-3pm<br>Supported Lifestyle Program<br>Mod<br>Gentle |
| 25     | 10.30am Exercise to Music<br>12pm Strength & Balance<br><b>1.30pm Digital Training With Bo</b><br>Active<br>Mod | 26      | 9.30am Balance<br><b>10am Bus Outing</b><br>11.30am Seated Exercise<br>1.45pm Seated Strength<br>1.45pm Strength Exercise<br>Mod<br>Mod<br>Gentle<br>Mod              | 27        | 10.15am Seated Exercise<br>10.15am Strength Exercise<br><b>11.30am Line Dancing</b><br><b>12.15pm Evergreen Community Group Lunch</b><br>1.15pm Live Entertainment<br>Gentle<br>Mod<br>Mod | 28       | 9.30am Men's Exercises<br>*9.30am Movement to Music<br><b>11am Men's Kitchen Cooking &amp; Nutrition Class</b><br>11.15am & 1.15pm Gym Sessions<br><b>1pm-3.30pm Table Tennis</b><br>2.30pm Meditation & Yoga<br>Active<br>Active<br>Tailored<br>Mod<br>Tailored     | 29     | 10am Tai Chi<br><b>11am Seated Strength Exercise</b><br>10am-3pm<br>Supported Lifestyle Program<br>Mod<br>Gentle |

**LEGEND:**

- Gentle – Gentle Exercises
- Mod – Moderate Intensity
- Active – Active Class
- Tailored – Customised
- Transport to and from Balwyn Evergreen available weekdays
- If you're new to Balwyn Evergreen Centre, your first exercise session is FREE
- Activities and programs are subject to change/cancellation at short notice
- \*This exercise class is 45 minutes. All other classes are one hour
- \*\* Please note time change for this class

**Supported Lifestyle Program**

Our Supported Lifestyle Program includes pick up/drop off, morning tea, an exercise session, three-course lunch followed by afternoon activities and a cuppa. This program caters to people over 65 with cognitive impairment or mild dementia.



# Men's Kitchen Cooking Classes



CULINARY AND NUTRITION SESSIONS WITH RUBY CHEUNG



Join our Men's Kitchen cooking classes led by qualified nutritionist, Ruby, and learn something new AND delicious!

**DATES:** Thursday, November 28

**TIMES:** 11am to 1pm

**BOOK:** The office 9836 9681

**COST:** \$35 CHSP assessed & approved  
\$45 non assessed

## Features...

- Interactive cooking demonstrations - learn new skills and hone existing ones
- Nutrition information - learn about what foods to eat to stay healthy
- Eat what you cook with the group
- Have fun and get social!



# Pilates

AT BALWYN EVERGREEN



Join our FREE workshop

When: **Friday, December 6**

Time: **11am-12pm**

Book: **Contact the office**

Notes: **BYO Pilates mat**

Discover why Pilates is so popular in this free, one-hour workshop, led by experienced instructor Jo Morris! Stay for a cuppa and chat with the group afterwards.



Jo Morris

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For bookings or enquiries  
call 9836 9681 or email  
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## Need a podiatrist?

Balwyn Evergreen has you covered! We have 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

## Reach your exercise goals with Balwyn Evergreen

New to our program? Come along for a FREE trial of any of our exercise classes!



# 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