

February Activities Calendar - 2023



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 10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon 1.15pm Live Entertainment	2 9.30am Men's Exercises 9.45am Movement to Music 10am Bus Outing 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation	3 9am Tai Chi for Health 10am Tai Chi for Balance 11am Seated Strength Exercise 10am-3pm: *Social Wellbeing Program
6 9.15am Zumba Gold 10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education	7 9.30 Balance Challenge 10am Bus Outings (See Newsletter) 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise	8 10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon 1.15pm Live Entertainment	9 9.30am Men's Exercises 9.45am Movement to Music 11am Senior "Divas" group 11am Men's Cooking Group 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation	10 9am Tai Chi for Health 10am Tai Chi for Balance 11am Seated Strength Exercise 10am-3pm: *Social Wellbeing Program
13 9.15am Zumba Gold 9.30am Shopping Bus 10.30am Exercise to Music 12pm Strength & Balance	14 9.30 Balance Challenge 10am Bus Outings (See Newsletter) 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise	15 10.15am Seated Exercise 10.15am Strength Exercise 12pm Valentine's Day Community Luncheon 1.15pm Live Entertainment	16 9.30am Men's Exercises 9.45am Movement to Music 10am Bus Outing 10.30am Musical Group Launch 11.15am & 1.15pm Gym 1pm-3.30pm Table Tennis 2.30pm Meditation	17 9am Tai Chi for Health 10am Tai Chi for Balance 11am Seated Strength Exercise 10am-3pm: *Social Wellbeing Program
20 9.15am Zumba Gold 10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education	21 9.30 Balance Challenge 10am Bus Outings (See Newsletter) 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise	22 10.15am Seated Exercise 10.15am Strength Exercise 12pm Evergreen combined Community Luncheon 1.15pm Live Entertainment 2pm Mural Launch	23 9.30am Men's Exercises 9.45am Movement to Music 11am Senior "Divas" group 11am Men's Cooking Group 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation	24 9am Tai Chi for Health 10am Tai Chi for Balance 11am Seated Strength Exercise 10am-3pm: *Social Wellbeing Program
27 9.15am Zumba Gold 9.30am Shopping Bus 10.30am Exercise to Music 12pm Strength & Balance	28 9.30 Balance Challenge 10am Bus Outings (See Newsletter) 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise	Thursday 16th at 10.30am Come join our NEW Musical Group! Have fun with friends & later enjoy a BBQ!		

Wednesday 22nd -
2pm Mural Launch
with afternoon tea



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Mural Launch with
afternoon tea

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!
 - Ask about our memberships (it gives you discounts to all activities)
 - If you're new to Balwyn Evergreen Centre, your first session is FREE
- *Activities Program subject to change at short notice*

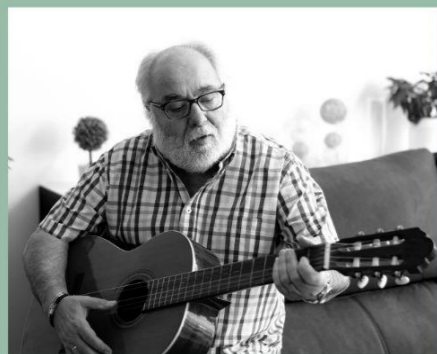
Expressions of interest

2023 NEW PROGRAMS & WORKSHOPS



CERAMICS

Learn basic pottery skills and create some treasures in our introduction to ceramics workshop. (4 sessions)



MUSICAL GROUP

Evergreen Jam Sessions - if you like to sing, play an instrument or enjoy humming along, this group could be for you!

SOUND THERAPY

Explore mindfulness through sound with Himalayan singing bowls, drums and aromatherapy. (4-6 week workshop)

VIRTUAL REALITY

Experience a whole new world of virtual reality in a safe and supportive environment.



DIGITAL ART LESSONS

From doodling to Degas, you can do it all on an iPad under our guidance. A fun way to indulge your inner artist.



For more information and to register your interest contact us on 9836 9681 or email office@balwynevergreen.org.au



BEC Exercise

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

Gentle Intensity Classes

- Seated Strength Balance
- Tai Chi for Beginners

Moderate Intensity Classes

- Strength Balance
- Challenge Your Balance
- Strength Exercise
- Tai Chi for Intermediates
- Meditation
- Seated Exercise to Music

Active Intensity Classes

- Zumba Gold
- Exercise to Music
- Men's Exercise
- Movement to Music

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

*Applies to first-time exercise clients

Outing highlights for February...



Thursday, February 2

THE SHRINE OF REMEMBRANCE TOUR and lunch at a local pub

Discover the fascinating history of this iconic monument, which was conceived after World War 1. It provides a place of remembrance for all Australian service people and the sacrifices made in all conflicts. Lunch is at a local pub.

Cost: \$15 concession for the guided tour

Walking involved



Thursday, February 16

THE CONSERVATORY AT FITZROY GARDENS and lunch in Hawthorn

Built in classic Spanish mission style, with a spectacular colour palette, the building opened in March 1930. The Conservatory houses magnificent indoor floral displays that are changed five times a year. In February, begonias and gloxinias are showcased. Lunch is at the Elgin Inn Hotel in Hawthorn. **Walking involved**