

June 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	
Guest Speaker talks... History Talks with Matthew ETTY-Leal Thursday, June 1 at 11.30am - The History of Surrey Hills Thursday, June 29 at 11.30am - Life in Tibet part 1						1 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		2 9am Tai Chi for Health 10am Tai Chi for Balance 11am Seated Strength Exercise 10am-3pm *Social Wellbeing Program	
						Active Active Tailored Mod Tailored		Mod Gentle Gentle	
5 9.15am Zumba Gold 10.30am Exercise to Music 12pm Strength & Balance 1.30pm Be Connected Digital Training		6 9.30am Balance challenge 10am Bus Outings (See Newsletter) 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise		7 10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon 1.15pm Live Entertainment		8 9.30am Men's Exercises 9.45am Movement to Music 10am Bus Outing 11am Navigating My Aged Care 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation		9 9am Tai Chi for Health 10am Tai Chi for Balance 11am Seated Strength Exercise 10am-3pm *Social Wellbeing Program	
Active Mod Mod		Mod Mod Gentle Mod		Gentle Mod		Active Active Tailored Mod Tailored		Mod Gentle Gentle	
King's Birthday Public Holiday		13 9.30am Balance challenge 10am Bus Outings (See Newsletter) 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise		14 10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon 1.15pm Live Entertainment		15 9.30am Men's Exercises 9.45am Movement to Music 11am Senior "Divas" Group 11am Men's Cooking Group 11.15am & 1.15pm Gym 1pm-3.30pm Table Tennis 2.30pm Meditation		16 9am Tai Chi for Health 10am Tai Chi for Balance 11am Seated Strength Exercise 10am-3pm *Social Wellbeing Program	
		Mod Mod Gentle Mod		Gentle Mod		Active Active Tailored Mod Tailored		Mod Gentle Gentle	
19 9.15am Zumba Gold 10.30am Exercise to Music 12pm Strength & Balance 1.30pm Be Connected Digital Training		20 9.30am Balance challenge 10am Bus Outings 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise		21 10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon 1.15pm Live Entertainment		22 9.30am Men's Exercises 9.45am Movement to Music 10am Bus Outing 10.30am Musical Group 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation		23 9am Tai Chi for Health 10am Tai Chi for Balance 11am Seated Strength Exercise 10am-3pm *Social Wellbeing Program	
Active Active Mod		Mod Mod Gentle Mod		Gentle Mod		Active Active Tailored Mod Tailored		Mod Gentle Gentle	
26 9.15am Zumba Gold 10.30am Exercise to Music 12pm Strength & Balance		27 9.30am Balance challenge 10am Bus Outings (See Newsletter) 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise		28 10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon 1.15pm Live Entertainment		29 9.30am Men's Exercises 9.45am Movement to Music 11am Senior "Divas" Group with guest speaker - Life in Tibet 11am Men's Cooking Group 11.15am & 1.15pm Gym 1pm-3.30pm Table Tennis 2.30pm Meditation		30 9am Tai Chi for Health 10am Tai Chi for Balance 11am Seated Strength Exercise 10am-3pm *Social Wellbeing Program	
Active Mod Mod		Mod Mod Gentle Mod		Gentle Mod		Active Active Tailored Mod Tailored		Mod Gentle Gentle	

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 membership (it gives you discounts to all activities)
- 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



Navigating My Aged Care Free information session

June 8 from 11am-12pm

Find out everything you need to know about accessing Government-funded services.

This informative session is hosted by Debra Coddington from Health Ability in Box Hill. Debra will explain what My Aged Care is, why it's important and what benefits are available to you.

We'll also talk about the process of getting registered and assessed and there will be plenty of time to ask questions.

The session is FREE to attend and open to everyone, so please bring a friend or family member if you think they'd be interested.

Bookings are essential – please call/email the office to let us know you'll be attending.

Stay tuned for future Navigating My Aged Care dates.

Table Tennis
Thursdays, 1pm-3.30pm
\$5 per session
Open to everyone of all abilities.
Have some fun and improve your fitness!

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

**Be Independent.
Be Connected.**



Want to build your online skills?

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

Ask Bo for more info

We can help you apply for the State Government's

\$250

Power Saving Bonus

BEC Exercise

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

Come along for a FREE trial of any of our classes! *

Gentle Intensity Classes

- **Seated Strength Balance:** Chair-based exercise using light hand weights and resistance bands
- **Tai Chi for Beginners:** Entry level class to improve coordination with a focus on flow and agility
- **Meditation:** Learn mindfulness techniques and recharge in the process

Moderate Intensity Classes

- **Strength Balance:** Seated and standing exercises using hand weights and resistance bands
- **Challenge Your Balance:** Seated and standing exercises to reduce risk of falls
- **Strength Exercise:** Faster paced class using hand weights and resistance bands
- **Tai Chi for Intermediates:** Take your Tai Chi skills to the next level in this class
- **Seated Exercise to Music:** Move to the music in this seated "chairbics" class

Active Intensity Classes

- **Zumba Gold:** Up the intensity with Latin-inspired moves to a hip-shaking soundtrack
- **Exercise to Music:** Aerobics Balwyn Evergreen Style – a great workout to your favourite tunes
- **Men's Exercise:** Strength and fitness training with a fun group of men
- **Movement to Music:** Add some music and movement to your day with this fun class
- **Tai Chi for Intermediates:** Progression from beginner class

*Applies to first-time exercise clients

