

December Activities Calendar - 2023



Balwyn Evergreen Centre
 45 Talbot Ave, Balwyn 3103
 Open Mon-Fri 8.30am-4.30pm
(03) 9836 9681
 office@balwynevergreen.org.au

Monday		Tuesday		Wednesday		Thursday		Friday	
 Try our new Pilates class. Mondays 5.30pm								1 10am Tai Chi 11am Seated Strength Exercise 10am-3pm *Social Wellbeing Program Mod Gentle	
		4 10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education Active Mod	5 9.30am Balance challenge 10am Bus Outings 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise Mod Mod Gentle Mod	6 10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon 1.15pm Live Entertainment Gentle Mod	7 10.30am Men's Exercises 9.45am Movement to Music 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation Active Active Tailored Mod Gentle	8 10am Tai Chi 11am Seated Strength Exercise 10am-3pm *Social Wellbeing Program Mod Gentle			
11 10.30am Exercise to Music 12pm Strength & Balance 5.30pm Pilates New Active Mod Active	12 9.30am Balance challenge 10am Bus Outings 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise Mod Mod Gentle Mod	13 10.15am Seated Exercise 10.15am Strength Exercise 2pm Volunteer Xmas Party Gentle Mod	14 10.30am 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 Active Active Tailored Mod Gentle	15 10am Tai Chi 11am Seated Strength Exercise 10am-3pm *Social Wellbeing Program 12pm Final Community Luncheon for 2023 Mod Gentle					
18 10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training Education 5.30pm Pilates New Active Mod Active	19 9.30am Balance challenge 10am Bus Outings 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise Mod Mod Gentle Mod	20 10.15am Seated Exercise 10.15am Strength Exercise Gentle Mod	21 NO PROGRAMS TODAY CENTRE CLOSING FOR CHRISTMAS BREAK AT 11.30AM	22 CENTRE CLOSED FOR CHRISTMAS BREAK					

To all our clients, friends, and volunteers... thank you for allowing us to be a part of your family. Have a safe and enjoyable festive season and we'll see you in 2024!

- From the Balwyn Evergreen Centre team



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 Balwyn Evergreen available weekdays (additional cost)
- If you're new to exercise at Balwyn Evergreen, your first session is FREE
- *Activities and programs are subject to change/cancellation at short notice

January Activities Calendar - 2024



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Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	
CENTRE CLOSED FOR CHRISTMAS BREAK		CENTRE CLOSED FOR CHRISTMAS BREAK		CENTRE CLOSED FOR CHRISTMAS BREAK		CENTRE CLOSED FOR CHRISTMAS BREAK		CENTRE CLOSED FOR CHRISTMAS BREAK	
8		9		10		11		12	
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training with Bo	Active Mod Active	9.30am Balance challenge 10am Bus outings 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15 Seated Exercise 10.15 Strength Exercise	Gentle Mod	9.30am Men's Exercises 9.45am Movement to Music 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation	Active Active Tailored Mod Tailored	10am Tai Chi 11am Seated Strength Exercise 10am-3pm Social Wellbeing Program	Mod Gentle
15		16		17		18		19	
10.30am Exercise to Music 12pm Strength & Balance	Active Mod Active	9.30am Balance challenge 10am Bus outings 11.30am * Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise	Gentle Mod	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	Active Active Tailored Mod Tailored	10am Tai Chi 11am Seated Strength Exercise 10am-3pm Social Wellbeing Program	Mod Gentle
22		23		24		25		26	
10.30am Exercise to Music 12pm Strength & Balance 1.30pm Digital Training with Bo 5.30pm Pilates New	Active Mod Active	9.30am Balance challenge 10am Bus outings 11.30am * Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon welcome back BBQ 1.15pm Live Entertainment	Gentle Mod	9.30am Men's Exercises 9.45am Movement to Music 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation	Active Active Tailored Mod Tailored	CENTRE CLOSED FOR PUBLIC HOLIDAY	
29		30		31		<p>Welcome Back BBQ Wednesday, January 24 Join us for our new look Wednesday program!</p>			
10.30am Exercise to Music 12pm Strength & Balance 5.30pm Pilates New	Active Mod Active	9.30am Balance challenge 10am Bus outings 11.30am * Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon 1.15pm Live Entertainment					

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- If you're new to exercise at Balwyn Evergreen, your first session is FREE
- * Please note new time for this class from 16/01 onwards
- **Activities and programs are subject to change/cancellation at short notice