

# October 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 9.30am Balance <b>10am Bus Outing</b> 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	2 10.15am Seated Exercise 10.15am Strength Exercise <b>11.30am Line Dancing</b> <b>1pm Balwyn Evergreen High Tea (sold out)</b>	3 9.30am Men's Exercises *9.30am Movement to Music 11.15am & 1.15pm Gym Sessions <b>1pm-3.30pm Table Tennis</b> 2.30pm Meditation & Yoga	4 <b>11am Seated Strength Exercise</b> <b>10am-3pm</b> <b>**Supported Lifestyle Program</b>
7 10.30am Exercise to Music 12pm Strength & Balance	8 9.30am Balance <b>10am Bus Outing</b> 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	9 10.15am Seated Exercise 10.15am Strength Exercise <b>11.30am Line Dancing</b> <b>12.15pm Evergreen Community Group Lunch</b> 1.15pm Live Entertainment	10 9.30am Men's Exercises *9.30am Movement to Music <b>11am Senior "Divas" group</b> <b>11.30am Free talk: Gardens and Gardening with David Embury</b> 11.15am & 1.15pm Gym Sessions <b>1pm-3.30pm Table Tennis</b> 2.30pm Meditation & Yoga	11 <b>11am Seated Strength Exercise</b> <b>10am-3pm</b> <b>**Supported Lifestyle Program</b>
14 10.30am Exercise to Music 12pm Strength & Balance <b>1.30pm Digital Training with Bo</b>	15 9.30am Balance <b>9.30am Bus Outing (early start)</b> 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	16 10.15am Seated Exercise 10.15am Strength Exercise <b>11.30am Line Dancing</b> <b>12.15pm Evergreen Community Group Lunch</b> 1.15pm Live Entertainment	17 <b>***9am Men's Exercises</b> *9.30am Movement to Music <b>11am Balwyn Evergreen Information Expo</b> 11.15am & 1.15pm Gym 2.30pm Meditation & Yoga	18 10am Tai Chi <b>11am Seated Strength Exercise</b> <b>10am-3pm</b> <b>**Supported Lifestyle Program</b>
21 10.30am Exercise to Music 12pm Strength & Balance	22 9.30am Balance <b>9.30am Bus Outing (early start)</b> 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	23 10.15am Seated Exercise 10.15am Strength Exercise <b>11.30am Line Dancing</b> <b>12.15pm Evergreen Community Group Lunch</b> 1.15pm Live Entertainment	24 9.30am Men's Exercises *9.30am Movement to Music <b>11am Senior "Divas" group</b> 11.15am & 1.15pm Gym Sessions <b>1pm Balwyn Historical Society Antiques Roadshow</b> 2.30pm Meditation & Yoga	25 10am Tai Chi <b>11am Seated Strength Exercise</b> <b>10am-3pm</b> <b>**Supported Lifestyle Program</b>
28 10.30am Exercise to Music 12pm Strength & Balance <b>1.30pm Digital Training With Bo</b>	29 9.30am Balance <b>10am Bus Outing</b> 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	30 10.15am Seated Exercise 10.15am Strength Exercise <b>11.30am Line Dancing</b> <b>12.15pm Evergreen Community Group Lunch</b> 1.15pm Live Entertainment	31 9.30am Men's Exercises *9.30am Movement to Music <b>11am Men's Kitchen Cooking Class</b> 11.15am & 1.15pm Gym Sessions <b>1pm-3.30pm Table Tennis</b> 2.30pm Meditation & Yoga	

**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
- \*\*\* Please not time change for this class

Balwyn Evergreen's

# INFORMATION EXPO



## THURSDAY, OCTOBER 17 | FROM 11AM-2PM

Find out about programs and services available to older people locally from the people in the know.

This is a free event to celebrate the Victorian Seniors Festival. Join us as we welcome you into our centre and share information from our community partners.

**Victorian Seniors Festival 2024**

**EXPLORE. ENGAGE. EVOLVE.**

### Featuring expo stands from...

Care Finders - Placement Agent - Retirement Village Specialists - Community Support & Transport - Financial Planner - Community Legal - Volunteer Opportunities - Social Support - Exercise Programs - Mobility Support - Assistive Technology

### Information sessions by...

Balwyn Evergreen - CareAbout - OzPlan Financial Planners - Eastern Community Legal



**FREE ENTRY - SAUSAGE SIZZLE - COFFEE & TEA**



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45 Talbot Ave, Balwyn 3103  
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## 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, October 31  
Thursday November 28  
**TIMES:** 11am to 2pm

### 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!



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## 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!



## 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](mailto:volunteer@balwynevergreen.org.au)



Funded by the Australian Government  
Department of Health and Aged Care