

September 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
				1 10am Tai Chi 11am Seated Strength Exercise 10am-3pm *Social Wellbeing Program
4 10.30am Exercise to Music 12pm Strength & Balance	5 9.30am Balance challenge 10am Bus Outing 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise	6 10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon 1.15pm Live Entertainment	7 9.30am Men's Exercises 9.45am Movement to Music 11am Senior "Divas" Group 11.30am Guest Speaker Gabriel Gâté 11am Men's Cooking Group 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation	8 10am Tai Chi 11am Seated Strength Exercise 10am-3pm *Social Wellbeing Program
11 10.30am Exercise to Music 12pm Strength & Balance	12 9.30am Balance challenge 10am Bus Outing 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise	13 10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon 1.15pm Live Entertainment	14 9.30am Men's Exercises 9.45am Movement to Music 11.15am & 1.15pm Gym 1pm-3.30pm Table Tennis 2.30pm Meditation	15 10am Tai Chi 11am Seated Strength Exercise 10am-3pm *Social Wellbeing Program
18 10.30am Exercise to Music 12pm Strength & Balance	19 9.30am Balance challenge 10am Bus Outing 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise	20 10.15am Seated Exercise 10.15am Strength Exercise 12pm Community Luncheon 1.15pm Live Entertainment Featuring Garry and Julie from our Musical Group	21 9.30am Men's Exercises 9.45am Movement to Music 11am Senior "Divas" Group 11.30am Guest Speaker Boroondara Cooks 11am Men's Cooking Group 11.15am & 1.15pm Gym Sessions 1pm-3.30pm Table Tennis 2.30pm Meditation	22 10am Tai Chi 11am Seated Strength Exercise 10am-3pm *Social Wellbeing Program
25 10.30am Exercise to Music 12pm Strength & Balance	26 9.30am Balance challenge 10am Bus Outing 11am Chairobics 1.45pm Seated Exercise 1.45pm Strength Exercise	27 10.15am Seated Exercise 10.15am Strength Exercise 10am Market & Foodie Tour 12pm Community Luncheon 1.15pm Live Entertainment	28 9.30am Men's Exercises 9.45am Movement to Music 10.30am Musical Group 11.15am & 1.15pm Gym 1pm-3.30pm Table Tennis 2.30pm Meditation	29 AFL GRAND FINAL PUBLIC HOLIDAY CENTRE CLOSED

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



Aged Care
Volunteer
Visitors Scheme

A free service to help
older people maintain
their social connections

FUNDED BY THE AUSTRALIAN GOVERNMENT

Would you like a visitor?

ACVVS visitors are volunteers who join their local service provider and are matched with a person based on their shared interests. All visitors receive training, ongoing support and must have regular police checks.

A matched volunteer will visit for one hour, once a fortnight. Visits can be one-on-one or small group visits to residential aged care homes or one-on-one visits to people at home.

We aim to support people from diverse backgrounds, including cultural, linguistic, LGBTQI+ and veterans. ACVVS visits are available to anyone in government-subsidised residential aged care or on Home Care Packages.



My human used to walk me every day. Now she's too frail and needs some help.

Can you walk and play with me?
Love, Molly

To find out more about our dog walking program contact the office. We're looking for volunteers to walk the dogs AND people who need their dogs walked.



Join us for a masterclass in better cooking!



Our favourite French chef, Gabriel Gâté, is back and is looking forward to sharing his culinary knowledge with us.

Join us on **Thursday, September 7 from 11.30am-12.30pm** for an education in healthy cooking. Gabriel will share his tips and techniques for better cooking and how to create healthy meals plus the importance of adding variety to your menu.

This session is FREE and open to everyone!

Bookings are essential – please book at the office.

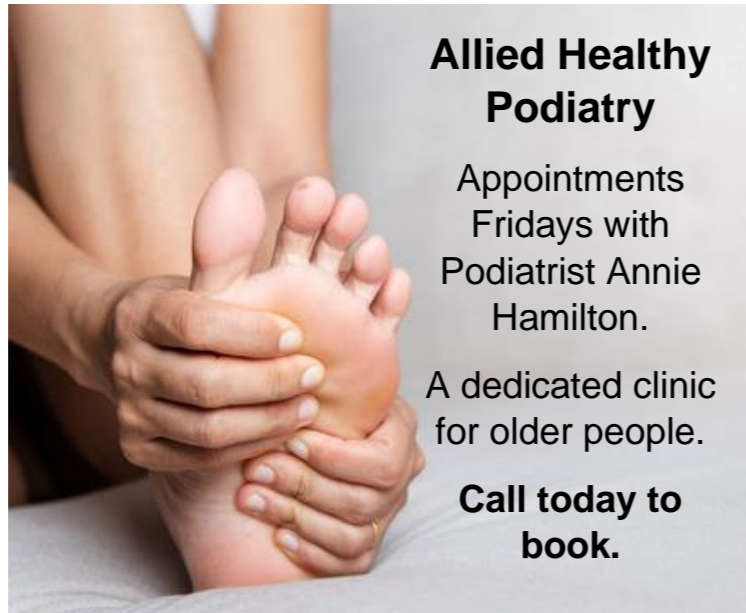


Be Connected
Every Australian online.

Want to build your online skills?

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

Ask Bo for more info



Allied Healthy Podiatry

Appointments
Fridays with
Podiatrist Annie Hamilton.

A dedicated clinic for older people.

Call today to book.

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! *

*Applies to first-time exercise clients

Gentle Intensity Classes

- **Seated Strength Balance:** Chair-based exercise using light hand weights and resistance bands
- **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:** An ancient practice for modern life – improve balance, coordination and wellbeing
- **Seated Exercise to Music:** Move to the music in this seated "chairbics" class

Active Intensity Classes

- **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



Did you know our exercise classes are followed by morning or afternoon tea?

It's all part of the group social support we offer here, plus it's a whole lot of fun.

