

**February 2022**

## **Welcome back to Balwyn Evergreen Centre**

We hope you were able to connect with family and friends over the festive season.

Upon our resumption of activities on the 10th January, it was wonderful to see so many smiling faces reconnecting with friends and the Evergreen team.

Whilst the COVID Omicron variant is creating all sorts of challenges for our consumers, volunteers and staff members, our programs are continuing to provide you with choice of activities and socialisation.

As our prime concern is the wellbeing of all consumers, the programs will provide opportunities for those who are keen to return to face to face sessions and those who would prefer to meet virtually or over the phone. Together we can work out your best options to keep connected. Please call us to discuss your needs and any concerns you may have.

We look forward to welcoming you to our Programs this month.

Ken McQualter and the Team at BEC

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# The News Corner

## COVID Updates

### Your safety is our Priority

Balwyn Evergreen Centre is taking all precautions to keep our centre a COVID-Safe environment.

- All staff, volunteers and contractors are fully vaccinated with social distancing protocols being followed during programs.
- Clients also must be fully vaccinated and required to scan in to enter the building.
- A thorough cleaning process is respected to ensure shared material is sanitized in between each session and that the commune areas are cleaned and ventilated regularly.
- We are following all government mandates and are keeping up to date with any changes.

We appreciate the current situation may affect your confidence in joining group activities. Rest assured that we respect your choice. We are here to help you navigate this challenging time and find ways to keep you active, entertained and socially connected, in whatever way you feel safe. If you have any concerns or questions, please feel free to contact us.

### Happy Birthday!



### Happy birthday Lotana & Mary!

BEC would not be the same without the smiles and energy you both bring everywhere you go. We hope you felt very special on your birthdays - best wishes from all of us!

### New Activities

### Register your interest for new activities

Last year we conducted a survey campaign to collect Expressions of Interest around a few different activities we are considering opening at BEC.

Thank you for participating. It is wonderful to see your eagerness to try new things.

The survey results came back with a variety of responses, with most interest going to the following activities:

- Drawing and Painting Class,
- Walking Group,
- Choir.



### Art & Craft

We have heard you and we have created a new ART & CRAFT Program, running every Wednesday from 12.30PM to 2.30PM with our qualified Art Teacher, Roxanne.

### February Special Offer

Come and try our Art & Craft this month with a **Buy 1 Get 1 FREE Pass.**



### Walking Group & Choir

We are keen to set up these activities for you to enjoy throughout the year.



The next step is for you to add your name on the list, so we can confirm how many people are expected to attend.

Once we collect enough participants, we will fine tune the details before we get back to you with dates and times.

## Promoting BEC

We are so glad to know you are enjoying being part of our community. Our new website aims to promote BEC's unique programs, activities and lifestyle, with the hope of convincing other Seniors to join you and enjoy what BEC has to offer. As we continue working on optimising our website, we would like to take photos and videos during our programs, so we can illustrate the website and best reflect how lively our Centre is.

### What type of photos and videos are taken?

Photos and videos are a beautiful way to establish a connection with others. When we take photos and videos, we like to show smiles, clapping hands or a wide shot with a group of people in the background. The photos and videos are taken by an authorized team member, standing to the side of the room to get the best angle - however, the camera zoom is used so the photos/videos show only parts of the scene. We often prefer photos/videos in which we don't identify people directly - simply showing them from the back or from a certain angle.



### What about your Privacy?

Your privacy and wellbeing is at the heart of everything we do.

As a reminder of Australian legislation, it is not an offence in Australia to photograph someone without permission or to distribute or publish photos of people without permission in certain circumstances.\*

However, at BEC, we care about your privacy and it is important to us that everyone feels comfortable.

That is why we are collecting an 'Image Permission Form' in which you can state whether or not you agree to have your images published.

If you haven't already, formally share your wishes by signing and returning the form - available to anyone at reception. Please also feel free to kindly voice your opinion when photos and videos are taken.

\*<https://www.gotocourt.com.au/civil-law/photograph-someone-without-permission>

## Important

We are working on updating our database to ensure the contact details we have in our files are correct and that you are not missing important communication from us.

Later this month, we will circulate a form to fill up and return to the office, so everyone can confirm their contact details haven't changed, or let us know of any updates.

In 2022 we will be using a lot more emails to distribute our newsletters and any other relevant news and updates about our Centre and our programs. Emails will not replace our usual phone calls and print material. However, it is important that we collect one email address from everyone to help build our online database. Please be prepared to provide one email address when you fill out the Contact Form - which can be your email address or one from a family member.

## Update your details

### Buddies program

**It is better  
together.**



Don't let anyone sit at home when they could be joining our community. Our Buddies Program is here to reach out to Seniors in our community and invite them to discover what BEC has to offer. If you know of anyone who spends time at home and would benefit from some social interactions or guided exercise programs, you can invite them to attend one activity of your choice - such as an exercise class, a bus outing, a Wednesday visit to the Evergreen Club, etc. They will be invited to attend the session for FREE and you will get a 50% discount on your own entry fee.

### Referral program

**Help us in the  
fight against  
loneliness.**



The past year has taken a toll on many people who found themselves lonely and without any outlet for social interactions. We recognise the challenges Seniors can face when being home and feeling isolated.

If you know anyone who needs a cheer up, our lovely Team can help.

With their approval, simply provide us with their contact details and we will give them a courtesy call to check on them.

**Simply call us on 03 9836 9681 to organise**

# Bus Outings in February

## Hello Evergreen Ramblers



Our Evergreen Ramblers program takes you on a drive around Melbourne's outer metropolitan area. Join our outings to discover or revisit lovely suburbs and townships and enjoy a lunch together at a selection of restaurants, hotels and taverns handpicked just for you.

Your health and safety are our priority and for this reason, we paused our Bus Outings in January until we could ensure our COVID-Safe plan was achievable in every venue and that every necessary precaution is in place to travel safely together.

Note our Outings strictly follow our COVID-Safe plan and places are limited. **Call us on 9836 9681 to book your spot!**

### On the road again!

Kicking off our adventures on February 1st, a first group departed to explore the Mornington Peninsula, with a relaxing lunch at the Kirkpatrick Hotel, right on the Esplanade. These happy Ramblers had a premium view on Port Phillip Bay. Trust this escape was a much-needed sea-change, with delicious food and great company!

Our second group went to Kallista and enjoyed lunch at Grants on Sherbrooke - situated in the heart of the Dandenong Ranges. The lush vegetation and the change of scenery was a very appreciated breath of fresh air.



Tuesday  
8th

### Outing 1: WHITTLESEA

Enjoy a country drive to Whittlesea with lunch at the bowling club, time permitting we will call in to Turner's Bakery and you can buy some goodies to take home, they are famous for their Vanilla Slice.

### Outing 2: WARBURTON

**EARLY START 9.45 AM**

Situated in the township of Warburton in the Upper Yarra Valley, enjoy a scenic drive and a relaxed meal at Tree Sugars Café.



Tuesday  
15th

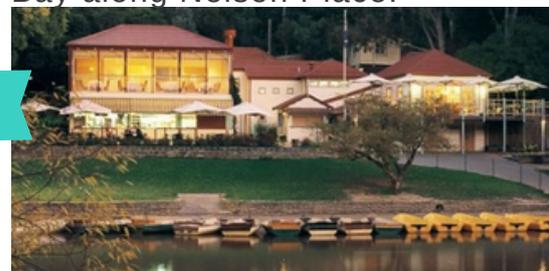
### Outing 1: KINGLAKE

**EARLY START 9.45 AM**

Nestled in the gateway to the majestic Kinglake National Park, we will sit down at the Flying Tarts Bakery and Café to enjoy their yummy bakery goods. Don't forget to bring a shopping bag to take home some home-baked treats.

### Outing 2: WILLIAMSTOWN

Join us for a trip to The Customs House Hotel, located in the heart of Williamstown's Restaurant precinct, overlooking Commonwealth Reserve and Port Phillip Bay along Nelson Place.



### Outing 1 & 2: STUDLEY PARK

For this trip, we have two buses going to the Boathouse Cafe so we can have a catch-up and enjoy each other's company.



# Hello Evergreen Explorers!

If you would like to squeeze another Bus Outing in your week, join the Evergreen Explorers every second Thursday.

To book or enquire, call  
 Elise on  
 (03) 9836 9681  
 or email us at  
 office@balwynevergreen.org.au

Thursday  
 10th

## EXHIBITION @ MELBOURNE TOWN HALL

**EARLY START 9.15 AM - Free entry for tour**

Join us to discover the Dream Factory - a stunning General Motor Holden Design Exhibition at the Melbourne Town Hall that goes behind the scenes of Australia's most important industrial design studio and birthplace of GMH iconic cars at Fisherman's Bend, Melbourne. From Aussie classics to contemporary concept cars, Dream Factory takes a tour through almost 60 years of design by way of rarely seen drawings, models, photographs, film, and memories from key designers. We will then sit down for lunch at Elgin Inn Hotel, Hawthorn.



Thursday  
 24th

## BUNYIP - Lady Lavender Tearoom

You are invited to the Lady Lavender Tearoom. Let the ambience of this country cottage take you back in time, have a look through their classic china, eclectic décor, and collectable gifts. The extensive lunch menu of traditional comfort food and decadent desserts are all made fresh on premise with as many homegrown and locally sourced ingredients as possible.

  
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- Outings start at 10:00 AM unless specified
  - Transport is \$20
  - Additional cost for beverages and meals
- Places are limited, in line with our COVID-Safe Plan. Bookings are essential.**  
**Contact Elise on 03 9836 9681**
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## Do you need help with transport?

We offer all sort of transport options.

### Shuttle & private transport

Our Shuttle service helps you go wherever you need to, without the hassle of public transport or being dependent on family and friends. We are here to accompany you to your appointments or simply help you commute to/from the Centre, so you are sure to arrive on time to attend our activities.

### Shopping Bus

Our weekly Shopping Bus service make chores more fun. Join our group to visit the local Safeway and get a hand carrying your bags right to your doorstep.



Please call us on (03) 9836 9681  
 or email us at  
 office@balwynevergreen.org.au

# Evergreen Club

## in February

Come and enjoy the company of fellow members while having a three-course meal from 12:00 PM, followed by a concert with professional entertainers and afternoon tea from 1:15 PM to 2:15 PM.

As always, we like to give you the freedom of choice: you can book both lunch and entertainment sessions, or just one or the other.

Member discount applies. Make sure you have a valid membership to enjoy the member special prices on our Lunches and Concerts.

Do you need transport to get here and back home safely? **Ask for our transport service.**

## Lunch & Concerts

To book or enquire, call  
**Lotana on**  
**(03) 9836 9681**  
 or email us at  
**office@balwynevergreen.org.au**

Wednesday  
**2nd**

### Come along and join us in celebrating Chinese New Year

Entrée: Wonton Soup  
 Main: Chinese Style slow-cooked chicken  
 Dessert: Custard Tart served with Ice-cream



Today's entertainment is brought to you by our guest **Rosemary Hughson.**

The Chinese calendar is on a 12-year cycle, with each year linked to one of a dozen animals -- the rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog and pig. The year 2022 in the Gregorian calendar is designated the Year of the Tiger.

Wednesday  
**9th**

Entrée: Appetizers  
 Main: Beef mince Shepherd's Pie  
 Dessert: Plum Pudding served with brandy custard



Today Marcia is back and can't wait to cheer us up with her angelical voice. Sit back, relax and enjoy a cuppa with assorted biscuits.

Wednesday  
**16th**

Entrée: Fresh Tomato Soup  
 Main: Roast Chicken served with roasted veggies  
 Dessert: Fruit salad served with Ice-cream



One Man Band by Phil Howe is back to entertain us today. Join us to clap and dance while the afternoon tea will be served with ANZAC Biscuits.

Wednesday  
**23rd**

Entrée: Garlic bread  
 Main: Fish and Chips with garden salad  
 Dessert: Apple Crumble served with fresh cream



Didgeridoos, Eureka, Ballads and Songs by Geoff Walker. We are excited to welcome Geoff for the very first time at BEC. Come along to discover his music and enjoy a relaxing afternoon as well as a cuppa and fruit cake made by Leone.

Join the Evergreen Club weekly to discover or rediscover our talented artists and their diverse musical repertoire.

#### What is your favourite song?

Share your favourite song with us and we will see if our artists can accommodate a special musical request. Simply write the name of the song and drop it in the Suggestion box in the foyer.



# Exercise Programs



## Your efforts don't go unnoticed.

At BEC, we want to support your motivation to improve your health and reward your efforts to attend our exercise programs.

We are really excited to introduce our **'Member of the Month' leaderboard!**

Each month, we will feature the person who attended the most exercise classes - with their approval. Not only this is a recognition of their hard work and an inspiration for everyone, but it will also unlock a **Gold Pass**, which they can use to claim one free entry to ANY of our programs - valid during the following month.

## Your health in 2022 starts here.

In this day and time, there is no doubt that looking after your health is key to a happier lifestyle. Studies have shown that regular exercise releases chemicals like endorphins and serotonin that improve your mood. It can also get you out in the world, help to reduce any feelings of loneliness and isolation, and put you in touch with other people.

Join us for your weekly Exercise class, followed by a cuppa and a friendly chat.

## There is a class for everyone.

At BEC, we want you to get the full benefits of being part of our community, offering you tailored exercise classes, private or semi-private gym sessions.

### Request a personal assessment.

It is FREE and it is designed to help you figure out what exercise is best for you and how you can improve your health and wellbeing.

### Find out more about our classes

Call us today to enquire on 03 9836 9681, click [here](#) to visit our website or scan this QR Code.



## February Exercise Timetable

### Member discount applies.

Make sure you have a valid membership when booking your classes

Gentle

Moderate

Active

Mon	Tue	Wed	Thu	Fri
9:15 AM Zumba Gold with Lisa	9:30 AM Challenge Your Balance with Simone	10:15 AM Seated Strength Exercise with Ed	9:30 AM Men's Exercise with Jon	9:00 AM Tai Chi for Health with Connie
10:30 AM Exercise to Music with Simone	11:00 AM Strength & Balance with Simone	10:15 AM Strength Exercise with Tom	9:45 AM Movement to Music with Simone	10:00 AM Tai Chi for Health with Connie
11:45 AM Strength & Balance with Simone	1:45 PM Seated Strength Exercise with Simone		2:30 PM Yoga & Meditation with Elizabeth	11:00 AM Seated Strength Exercise with Ed
	1:45 PM Strength Exercise with Tom			

# Active Living Program

## Respite program in February

To book or enquire, call  
Elise on  
(03) 9836 9681  
or email us at  
office@balwynevergreen.org.au

### Welcome back to our Active Living Program.

Join us every Thursday & Friday 10:00 AM to 3:00 PM

We offer tailored activities every Thursday and Friday, which are a great outlet for people needing structured guidance to keep active and socially connected - a precious respite for families too, knowing that our lovely staff members are here to provide care and guidance throughout the day's activities.

Referrals can be accepted from health professionals, family members or self-referral.

Find out more at <https://www.balwynevergreen.org.au/active-living-program>

## Thursday

Thursday  
3rd

**10:00 AM: Morning Tea**  
**11:00 AM: Active Movement**  
**12:00 PM: Lunch & Musical Afternoon with Julie**

Thursday  
10th

**10:00 AM: Morning Tea**  
**11:00 AM: Active Movement**  
**12:00 PM: Lunch & Winter Olympics**

The Beijing Winter Olympics are taking place this month. Let's get active with mini-Olympic games to support our athletes.

Thursday  
17th

**10:00 AM: Morning Tea**  
**11:00 AM: Active Movement**  
**12:00 PM: Lunch & Jeopardy**

Join us for some brain teaser, games and quizzes to work our neurones.

Thursday  
24th

**10:00 AM: Morning Tea**  
**11:00 AM: Active Movement**  
**12:00 PM: Lunch & Armchair Travel to Japan**

Have you travelled to Japan, well this afternoon you will be transported to this amazing country?



## Friday

Friday  
4th

**10:00 AM: Morning Tea**  
**11:00 AM: Active Movement**  
**12:00 PM: Lunch & Winter Olympics**

Let's get active with a mini-Olympic games as the Beijing Winter Olympics' start tonight.



Friday  
11th

**10:00 AM: Morning Tea**  
**11:00 AM: Active Movement**  
**12:00 PM: Lunch & Armchair Travel to Japan**

Today we take an Armchair trip to Japan. We will explore this amazing country and learn about the culture, the language and the traditions.

Friday  
18th

**10:00 AM: Morning Tea**  
**11:00 AM: Active Movement**  
**12:00 PM: Lunch & Jeopardy**

Put your thinking caps on as today we have lots of quizzes and games for you.

Friday  
25th

**10:00 AM: Morning Tea**  
**11:00 AM: Active Movement**  
**12:00 PM: Lunch & Musical Afternoon with Julie**