



March 2022

Let's enjoy Autumn together

Dear Members and Friends,

The year is flying by with March already here and it feels like we are settling back into healthy routines at Balwyn Evergreen Centre. We are pleased to see that you are making the most of your membership by attending activities across all our programs: working on your health by attending our exercise classes or booking individual personal training sessions in our gym studio, socializing afterwards with a cuppa, or joining a Group Activity. Take advantage of the support we offer outside of the Centre, to make sure your everyday life is as easy as a walk in the park - literally, thanks to our Friendly Visitor Program that is here to accompany you to your appointments, take you shopping or just out for a relaxing stroll in the local park. These park outings are greatly appreciated by our furry friends, and we are proud of the wonderful Dog-Walking service, if you need help with your pets.

This month, our programs welcome you for more Exercise Classes, Bus Outings around Melbourne metropolitan area, Luncheons and Entertainments with the Evergreen Club, Day Therapy sessions with the Active Living Program and much more. Check out what is on offer from page 6.

If you know of anyone who would enjoy coming along, please remember our Referral Program enables you to bring a friend and you can both enjoy some benefits. See details on page 5.

For any enquiry, please reach out to us. Our office is open Monday to Friday from 8.30 AM to 4.30 PM. You can contact us on (03) 9836 9681 or send us a message - simply click [here](#) or scan this QR Code:



We are looking forward to seeing you this month.

Take care.
The team at Balwyn Evergreen Centre

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OUR COMMUNITY UPDATES
THE NEWS CORNER

COVID UPDATES



As per the recent Government announcements, face masks are no longer mandatory in some indoor settings. The health and safety of our consumers, staff and volunteers remains our number one priority and we would like to invite everyone visiting the Centre to carry a face mask and be sensible when working in close proximity.

THROWBACK

LAST MONTH HIGHLIGHTS



Thank you to all the artists who performed for us. We really enjoyed listening to everyone and particularly the show Geoff Walker put together for us. Geoff read poems and played different types of Didgeridoo. Along the way, we learnt the origins of each instrument and some insights into aboriginal music. It was a very pleasant and entertaining moment.



It has been a busy month for the members of the Evergreen Club who met each Wednesday for luncheons and afternoon entertainment. The 3-course meal changes each week and we love tasting a variety of cuisines. The highlight this month was no doubt the delicious food we got to enjoy to celebrate Chinese New Year.



Our Evergreen Ramblers bus outings are out and about every Tuesday. From Warburton to Williamstown, Whittlesea to Kinglake and the Boathouse Café at Studley Park, everyone enjoyed their day out. Jill even made a new friend!



The Evergreen Explorers travels every second Thursdays. Last month they enjoyed a tour of the Dream Factor Exhibition at the Melbourne Town Hall, as well as a visit to the Lady Lavender Tearoom in Bunyip. This friendly group have an exciting program for the month ahead, join them and have some fun on Thursdays!

REWARD



MEMBER OF THE MONTH

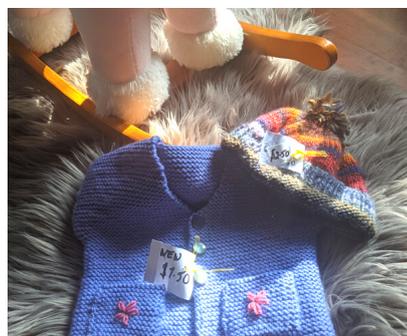
A very special congratulations to Nora for attending the most exercise classes this month. Your commitment to your health and your social connections are an inspiration and we love having you around. As a reward for your efforts and consistency, we would like to offer you a FREE Pass to redeem at your next class.

Regular exercise is a key factor for healthy ageing and we are here to help you keep active. Our exercise Programs offers a variety of classes each day, which are tailored to 3 different levels of physical abilities, from Gentle to Moderate efforts as well as Active classes. → **Check our March Exercise Program, on page 8.**

BARGAINS

EVERGREEN CLUB LITTLE OP SHOP

You never know what treasures you might discover on the shelves of the Evergreen Club little Op Shop!



The Club sources vintage items, such as unique sets of tableware, decorative objects or adorable brand-new handknitted pieces, made by our talented ladies.

With Easter fast approaching, you may want to browse through the Evergreen Club Op Shop. You might find the perfect gift. Note: all profits go back to the Evergreen Club.

HAPPY SWEET 16TH PENNY

Is Penny using a mask as a COVID safety measure, or is this a little trick to hide a few candles on her cake? Regardless, we wish Penny a Happy Birthday!



HAPPY 99TH BIRTHDAY ANITA

What a fantastic age to celebrate! Everyone at Balwyn Evergreen Centre joins to wish you the very best.



At BEC, we like to celebrate every single candle! In fact, we believe the more candles, the merrier as each year of your life is rich in experiences and memories to share.

Is your birthday coming up?

Let us know and we would love to publish a little birthday interview in which you could share your story and some precious memories of yours.

➔ Use our BEC box or speak to the Staff

STAFF UPDATES



GODSPEED

Mary has joined BEC Family in 2016. In her role as a Social Support Group Assistant, she has been part of the day-to-day running of the Bus Outings on Tuesday and the Active Living Groups on Thursday and Friday. Mary is now taking on a new role and we are wishing her well in her new adventure.

Here is a message from Mary:

Dear Bec friends,

After 5.5 years with Bec, I am leaving to return to a position in radio. 20 years ago I worked for Goldfm in Richmond and have missed it dearly. I will be putting commercials to air in an admin position full time. I want to thank you all for your friendship and fun times. I have lots of good memories with staff, volunteers and consumers whom I will miss for sure.

Take care

Mary x



WELCOME

A warm welcome to Ed, who is joining our team of Exercise Trainers. Ed is now teaching the "Seated Strength Exercise" class at BEC, every Wednesday and Friday.

Ed is a passionate fitness trainer who has 17 years experience in the Fitness Industry at the YMCA. He brings to BEC a focus on gradual progression. Working together, Ed makes sure the movements help you build strength and mobility in all ranges of motion for everyday tasks, therefore improving your independence and lifestyle.

IMPROVEMENTS

SURVEY

The mission of Balwyn Evergreen Centre is to provide quality care and services in a safe, comfortable environment to promote consumers' independence, lifestyle, and enjoyment.

To stay true to this statement, we conduct regular Consumers Satisfaction and Engagement Surveys. Our next survey will take place in March on a randomly selected panel.

FEEDBACK

Your feedback is important to us! The information, issues, and inputs you share with us about your experiences with Balwyn Evergreen Centre is a guide to any improvements of the experience we can offer to our consumers. Your feedback can empower positive changes — even (and especially) when it's negative. If you like something, tell us! If you don't like something, tell us even louder!

You are welcome to keep your feedback anonymous or, if you like to discuss it in person, please request a chat with a staff member.

➔ Use the Feedback Form available in the foyer

WE ARE HERE TO HELP

BEC AT YOUR SERVICE

WE FIND ANSWERS TO YOUR QUESTIONS

At BEC, our team has experience and knowledge in all things related to the aged care system. Our mission is to help you live at home well and independently as long as possible. There is a wide range of services that can help you with your day-to-day tasks and we are here to help you find solutions to make your life easier.

If you outline your situation and the challenges you face, we will do our best to provide you an answer in the newsletter so everyone can learn something - or confidentially if you prefer.

Dear Raymond,

My name is Donald, and I am enquiring on behalf of my dad John, who is 81 years old, and lives in Balwyn North with Lou, his Jack Russell.

They usually go on a walk once a day and they like to sit at the Macleay Park Dog off-leash area. It is a bit of a walk from their place - which is nice when the weather is good.

However, I am anticipating the colder weather to be a bit of a disruption to their routine, as my dad is a bit more sensitive to the cold these days. He also mentioned daylight saving and how he will have to shorten his walks. As much as I encourage him to keep exercising on a daily basis, I was hoping dad could get some assistance some days to take Lou to the off-leash area, so she doesn't miss out.

Could you please tell me more about your dog-walking service?

Thank you in advance

Donald

Dear Donald,

Firstly, Jack Russell's are adorable, and I am sure Lou is no exception!

We can most certainly help with organising regular walks with Lou. It is the perfect time of the year to engage with this service.

We have a few different volunteers who are experienced with dog-walking and know the area pretty well. We can facilitate a meet-and-greet with our volunteer, so Lou and John feel comfortable to go ahead.

I will give you a call to work out the details

Best regards,
Raymond



Dear Raymond,

I have seen Balwyn Evergreen Centre mini-bus going around my neighbour. I understand you offer a transport service and I was wondering if you can tell me more about it.

I usually drive my own car but I have been a bit more hesitant to drive to the shops to do my grocery shopping as I find it hard to park in their car park.

I am mostly independent during my shopping but I could do with a little help if possible with carrying the bags.

If you offer this service, I would be happy to hear from you please.

Kindest regards,

Jane

Dear Jane,

I am glad you have reached out as we currently have a few spots available in our Monday Shopping Bus trips and it seems to be exactly what you need.

The mini-bus comes to pick you up on Mondays to take you to the local shops. Our staff member can assist with your bags and drive you back home at the end, delivering the groceries at your front door.

If you are interested, when you are done with your shopping you can join the other members at the local café for a cuppa, before hopping back into the bus.

I am happy to discuss further with you on the phone if you want to organise a trial.

Best regards,
Raymond

If you have any question or like to enquire about our services, simply email Raymond at office@balwynevergreen.org.au or call us on (03) 9836 9681

OUR INDIVIDUAL SUPPORT PROGRAM

Our Individual Support Program is designed to assist the senior members of our community who are living alone and may feel isolated.

To help our seniors live safely and independently at home, a little support can make a big difference

Our Individual Support Program can be tailored to the individuals' situation, to best respond to their needs.

This support can include **home visits** from our friendly Volunteers to provide social support by engaging in conversation, **assistance with their pets** and **transport** to appointments, café visits **and much more.**

Those wishing to access this program can apply to the CHSP program through My Aged Care. Assistance is available at Balwyn Evergreen Centre to help you navigate through the process with My Aged Care, so you can access the help and services you need.



Simply contact us to enquire about our programs and transport options



Click [here](#), or scan the QR Code

DO YOU NEED HELP WITH TRANSPORT?

We offer a variety 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.

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 or email us at office@balwynevergreen.org.au to organise.

MARCH PROGRAMS

SOCIAL PROGRAMS

Balwyn Evergreen Centre offers a selection of Social Activities to give the older adults in our community an outlet to make social connections and build friendships. We offer member discounts, so make sure you have a valid membership when making your booking.

For any enquiry or booking, please contact us on (03) 9836 9681 or email us at office@balwynevergreen.org.au



BUS OUTINGS

- Weekly on Tuesdays
- Fortnightly on Thursdays
- Pick-up from 9.30 AM Drop-off about 3 PM
- Transport is \$20 + choose your own meal

Our Evergreen Ramblers program takes you on a drive around Melbourne's outer metropolitan area every Tuesday, while our Evergreen Explorer Program departs fortnightly on Thursdays. 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. Transport is arranged, with pick-up and drop-off at your doorstep, so you simply have to hop on board, get comfortable and enjoy the drive.

YOU MARCH PROGRAM TO EXPLORE & LUNCH TOGETHER

Destinations for our Bus Outing this month include:

- BERWICK: Little by Little Café
- YARRA GLEN: Yarra Valley Chocolaterie
- KOO WEE RUP: Royal Hotel
- FITZROY GARDENS : The Conservatory
- MOUNT MARTHA: Dava Hotel
- And more!

For details of each outings, request the full program or visit the Calendar on our website.



CHECK OUR CALENDAR



EVERGREEN CLUB

- Weekly on Wednesdays
- Luncheons at 12 PM and/or entertainment & afternoon tea from 1:15 PM to 2:15 PM

Join the Evergreen Club and connect with new and old friends in our welcoming community. Enjoy a sense of belonging while having a three-course meal, followed by a concert with professional entertainers and afternoon tea.

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.

For any enquiry or booking, please contact Elise on (03) 9836 9681 or email us at office@balwynevergreen.org.au

YOUR MARCH LUNCHEONS & ENTERTAINMENTS COMBO

Wednesday 2nd March

Entée: Smoked Ham Hock & Pea Soup
Main: Barramundi Fillet with Creamy
Dessert: Orange Ginger Steam Pudding

The Whithanai Sisters

Afternoon tea with assorted biscuits



Wednesday 9th March

Entée: White Bean Soup
Main: Greek Lamb Roast
Dessert: Berry Cobbler

Peter Garam is back with his Ukulele, to keep us clapping and singing

Afternoon tea with Scones served with jam and cream



Wednesday 16th March - Celebrating St Patrick Day

Entée: Potato and Leek
Main: Butter Chicken with Rice
Dessert: Bread Butter Pudding

Michael Devela and friend are coming with their Banjo to entertain us. Afternoon tea with Fruit cake made by Leonie



Wednesday 23rd March

Entée: Potato & Bacon Soup
Main: Roast Beef
Dessert: Pavlova with Chantilly cream

Claire Duberry is looking forward for a great sing along with us today

Afternoon tea served with Chocolate cake.

Wednesday 30th March

Entée: Chicken Cream Soup
Main: Chicken parmigiana served with wedges
Dessert: Cheesecake served with fruits

The amazing Marcia is back, with a selection of songs from the 50s and 60s

Afternoon tea with Fruit cake made by Leonie

Australian Government
Department of Human Services

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Although funding for this service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

DAY THERAPY

- Every Thursday and Friday
- From 10:00 AM to 3:00 PM

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

Referrals can be accepted from health professionals, family members or self-referral. To enquire, call us on (03) 9836 9681 or email us at office@balwynevergreen.org.au

LEARN WITH US

A selection of classes and workshops at your finger tips

EXPLORE YOUR CREATIVITY

- Every Wednesday
- From 12:30 PM to 2:00 PM

Do you want to explore your creativity, learn the basic elements of Art, and get to try a variety of technics? Our experienced Art teacher Roxanne welcomes you each Wednesday at Balwyn Evergreen Centre in our Art & Craft room.

If you wish to try our course, BEC offers a **FREE trial session**. Walk-ins welcome!

MOBILES & COMPUTERS CLASSES

- Group sessions every Monday and Wednesday, at 2 PM
- Individual assistance upon request

Technology can be overwhelming, especially when so much is dependent on it these days. From scanning a QR Code to making a video call for Telehealth, technology can make our lives much easier if you know the basics.

At BEC, we are here to help you learn a few tips and make you more comfortable using your phone or your computer.

In partnership with the Government initiative BeConnected, we bring to you **FREE sessions**, each week. Booking essential.

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

YOUR ACTIVE LIVING PROGRAM

The program this month include morning Active Movement and a variety of afternoon activities such as board games, craft, Colour therapy, Piano Concerts with our lovely Artist Julie Zubrinich, and a special Autumn Celebration



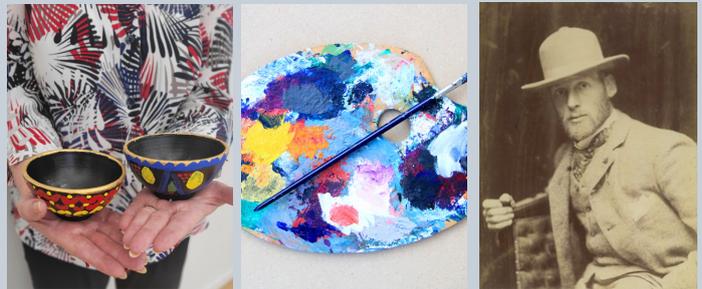
For details of each outings, request the full program or visit the Calendar on our website.

CHECK OUR CALENDAR



FUN ART & CRAFT CLASSES

The program this month will take you through a small amount of theory about lines and colours. Playing with artist quality paint and exploring 2D and 3D processes, you will also discovering the work of a renowned artist each week, such as Tom Roberts pictured below.



BECONNECTED

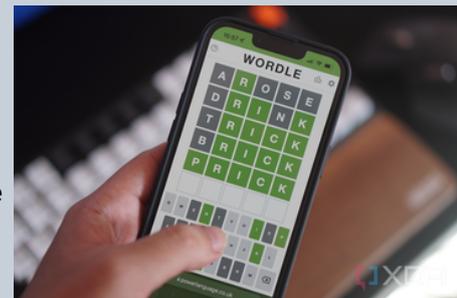
Topics this month will vary to respond to everyone's needs. Feel free to share specific questions and bring your devices for a demonstration.

- **WORDLE**

Have you heard of this popular game everyone is talking about?

Wordle is a daily word game you can find online. It's fun, simple and, like a crossword, can only be played once a day. Every 24 hours there's a new word of the day for you to figure out what it is. We can explain the rules and help you get started.

Join our class to learn how to play on your phone and share your game results with family and friends.



EXERCISE PROGRAMS

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.

Your first class is **FREE**, so you can try something new. Fees are paid per session, with no commitment or locked-in contract.

Request a personal assessment.

Meet with our qualified Personal Trainer, Simone, to help you figure out what exercise is best for you and how you can improve your health and wellbeing. This assessment is **FREE**. Get in touch to find out more.

STAY FIT AFTER 65

STAY ACTIVE OVER 85

Moderate intensity classes

- Strength Balance
- Challenge your Balance
- Strength Exercise
- Tai Chi for Health

Active classes

- Zumba Gold
- Exercise to Music
- Men's Exercise
- Movement to Music

Gentle intensity classes

- Seated strength Balance
- Tai Chi for Beginners

CLASSES DETAILS

CALENDAR

BOOKING AND ENQUIRY

To learn more about each class, the Instructor and the benefits you can get out you session, click [here](#) or scan this QR Code.

For Sessions dates and time, view our Calendar [here](#) or scan the QR Code.

To book your spot, call us today on (03) 9836 9681. To send us an enquiry, visit our website [here](#) or scan this QR Code.



INDIVIDUAL OR SMALL GROUP GYM CIRCUIT

We offer general and post-rehab gym options. These sessions are for small groups, so each person gets plenty of individual attention, and they offer a supportive and social way to get moving.

You can also book one-on-one personal training by appointment – which is the ideal way to build your confidence and help you get started in a more private set-up.

"After my hip replacement I have consulted with my physio and I was told I could resume light exercise. Getting in touch with BEC and attending Personal Training sessions gave me the guidance and the confidence I needed."

Geny, 81 y/o



WHAT ARE THE BENEFITS OF OUR GROUP CLASSES?

Keep active AND Socially Connected

Our group classes are designed to work on increasing your capability whilst enjoying the group synergy. Every class is followed by a cuppa with fellow participants and trainers coming together for a chat.

"I love attending my weekly exercise class at BEC. Not only do I get to work on my strength and balance but I also enjoy meeting with our group and sharing a cuppa after the class"

Laura, 72 y/o

