



Evergreen Connections

SOCIAL PROGRAMS



DAY TRIPS

Explore Melbourne Metropolitan area

- Bus Outings & Lunches
- Weekly on Tuesdays
- Fortnightly on Thursdays
- Pick-up from 10 AM
- Drop-off about 3 PM
- Transport is \$20 + choose your own meal



LUNCHEONS & CONCERTS

Mingle with the Evergreen Club

- Weekly on Wednesdays
- Luncheons at 12 PM
- Entertainment & afternoon tea 1:15 pm – 2:15 pm
- Transport available



DAY THERAPY

Join our Active Living Program

- Weekly on Thursdays & Fridays 10:00 am – 3:00 pm
- Respite Program
- Transport available

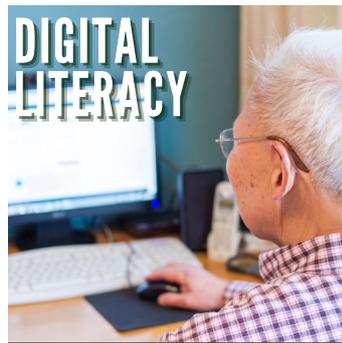
WORKSHOPS



ART & CRAFT CLASSES

Have Fun & Express your creativity

- Weekly on Wednesdays 12:30 pm – 2:30 pm
- Friendly Group Sessions
- FREE trial
- Transport available



DIGITAL LITERACY

Learn how to play, communicate & research online

- Every Monday & Wednesday 2.00 pm – 3.30 pm. May 23rd to June 29th
- FREE. Group sessions & Individual Support

EXERCISE



CLASSES & PERSONAL TRAINING

Stay Active with our Qualified Instructors

- Gentle Exercise, Moderate intensity or Active Classes each day of the week
- Group Classes or Individual sessions
- FREE trial available

May 2022

Our Mission

Balwyn Evergreen Centre promotes Well-being & Independence

Our purpose is to provide and promote facilities, services and programs that actively assist the older people in our community to improve their physical, social, and emotional wellbeing. By doing so, our aim is to enable them to live independently in the community.

Join us today!



Balwyn Evergreen Centre
45 Talbot Av, Balwyn VIC 3103
Open Mon-Fri 8.30 AM - 4.30 PM

For booking or enquiry, contact us on 9836 9681 or email us at office@balwynevergreen.org.au

MAY 2022

WARM-UP TO WINTER WITH BLAWYN EVERGREEN CENTRE.

Welcome Message

Dear Members and Friends,

If you are adding an extra blanket on the bed and bringing your flower pots inside the house, you probably know winter is just around the corner. Balwyn Evergreen Centre won't let the seasonal depression get anyone!

Our programs are packed full with activities and classes to keep you going. Feel the warmth and enjoy the laughter echoing in the Centre as you join our Social Activities, such as the **Evergreen Club on Wednesdays** (See on Page 6).

Keep active with our **Exercise Classes** - remember, physical activity is just another step you can take to live a healthy ageing! If you are not already participating in our Exercise Programs, ask for a confidential chat with our qualified Instructor. We offer Free personal assessment and we can work on collaboration with your Health Practitioner to deliver the right exercise program to suit your needs. (See Exercise Program on Page 7).

It is not the time to hibernate! Although it can be nice to stay cosy at home, it is good to look forward to joining regular outings. Our **Day Trips** are a lovely way to explore Melbourne Metropolitan area, have lunch in café and restaurant where you can indulge a little and enjoy the company of a friendly group of like-minded people.

At Balwyn Evergreen Centre, we make sure you are looked after and all the logistics are sorted, so you can simply enjoy attending your classes and activities. Ask about our **Transport Services**, whether you need a shuttle to the Centre, help with your Grocery Shopping or some assistance getting to your appointments. Our **Individual Support Program** also has a variety of options available if you, or someone you know, needs some extra help at home. Contact us to assess and organise what is needed,

The Boroondara Council is funding a series of Digital Literacy Workshops. From May 23rd to June 29th we will teach you simple ways to use your phone or your computer to communicate with others, join community events online or just play or research interesting content - all free of charge. Perfect to keep you busy all winter whilst it is cold and raining outside! (See on page 8)

Together with a dedicated team of Staff Members and Volunteers, we strive to deliver Programs and Activities in accordance with our Mission and Vision. Visit our [Website](#) to find out more and contact us to discuss how we can help and how you can get involved.

Take care,

The Team at Balwyn Evergreen Centre

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NEWS CORNER

UPDATES FROM THE COMMUNITY AT BALWYN EVERGREEN CENTRE

Evergreen Club 64th Anniversary



Come and join the celebrations!

The Evergreen Club has been a long standing tradition in the Balwyn Community. Starting back in 1958, it began with a small group of local residents who had the ambition to bring some support to the seniors people living in the community and often feeling isolated. The Club grew over the years and is now the oldest and most establish Senior Club in the vicinity.

We are thrilled that Evergreen Club remains loyal to its mission and we are forever grateful to the contribution of every member, volunteer and individual who have been involved.

Book your spot on Wednesday 25th May and join us for a 3 course-meal with a special cake, and top-notch entertainment.

[> See details on page 6](#)

Centre Operations

Earlier in May we made an executive decision to suspend our programs whilst some of our staff members were in isolation and recovering from Covid-19.

Our team have recovered and returned ready to provide the activities you love participating in.

Rest assured your health and safety remains our highest priority and we take every precautions to ensure you are protected when you come to connect with Balwyn Evergreen Centre. Please ask for a confidential chat if you have any questions or concerns.

Our Volunteers



Volunteers do not necessarily have the time; they have the heart

Elizabeth Andrew

Onboarding New Volunteers

Our Volunteers all have very different profiles. The common denominator is the generosity and the aspiration to make a difference in our society and give a little bit of their time, skill and personality to contribute to the mission of Balwyn Evergreen Centre.

If you know anyone who wants to be involved in their community and contribute to create a safe and supportive environment for our Elderly, please refer them to our Volunteer Program.

Simply call us on 9836 9681. Email us at office@balwynevergreen.org.au

Balwyn Evergreen Centre is a place where members, staffs and volunteers come together. The synergy between everyone is what makes this community special. Our programs and activities runs Monday to Friday in the Centre, and Individual Support is also available throughout the week and on the weekend. This is all made possible thanks to the involvements of our Volunteers. We couldn't thank them enough.



Boost your health & well-being this winter

The winter season is fast approaching and with the darker days and colder weather, it can all too easily make us want to hibernate at home and stop many of our normal activities. But this can lead to those dreaded winter blues and a feeling of isolation and disconnect to the outside world.

Creating a strategy to combat winter can really help to boost our physical and mental health.

Here are some tips to keep you happy and healthier during the colder months!

Chase those winter blues away



Staying active and social is really important.

Of course, we will all have days when we decide to stay at home and curl up in front of the fire with a good book or our favourite TV show. Just make sure you don't start to regularly avoid your normal routines and activities. Following routines and being sociable has a huge impact on our mood and overall mental health, which in turn helps to keep us physically healthy.

Like many of us did you have a New Year resolution that was promptly forgotten about, could this be a good time to revisit it? Or perhaps you could take the opportunity to try a new hobby or activity.

On the colder days why not form a book club or card game group with some of your fellow Balwyn Evergreen friends. In our September 2021 newsletter we wrote about Scrapbooking which can be a wonderful way to preserve memories and get creative from the comfort of your own home.

On those milder, blue sky days take some time to go outside and get back to nature. Go for a walk, garden or sit outside with your favourite drink, it is incredible the positive effect it can have.

Life is more fun with friends.

Find out more about the Social Activities available at Balwyn Evergreen Centre and join like-minded people



Sit down comfortably in our Private Bus and go explore Melbourne metropolitan area, stop for lunch is a selection of lovely cafes and restaurants, handpicked for you.

> [Check our program on page 5](#)



Join our weekly Community Luncheons and afternoon entertainment sessions. Laugh, clap, sing and we go back home feeling pretty satisfied and looking forward to the following week.

> [Check our program on page 6](#)



Seniors who need more structure and guidance are welcome to join our Active Living Program on Thursday and Friday. **> [Speak to the staff to enquire about a free assessment and receive the program for the month.](#)**

Our lovely Volunteer Catherine will be sharing more Tips to Boost your health & well-being this winter. Check out the full article on our Blog. Click [here](#) or scan the QR Code.



DAY TRIPS

TUESDAY & THURSDAY BUS OUTINGS

Join our Bus Outings

- Weekly on Tuesdays
- Fortnightly on Thursdays
- Pick-up from 10 AM (unless mentioned otherwise) 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.

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.

Tuesday Outings with the Evergreen Ramblers

Tuesday 17th May



Outing 1: BAYSWATER. Visit of the AMBULANCE VICTORIA MUSEUM & lunch at the Bayswater hotel.

Join us for a tour of the Ambulance Victoria Museum and discover their amazing car collection. The museum has been developed and maintained voluntarily by retired ambulance officers and is a non-profit organization. You can also see old medical equipment, uniforms, memorabilia, posters, and documents from the past. There are over 3,000 items in the museum.

Outing 2: ASCOT VALE & Lunch at The Laurel Hotel

The Laurel Hotel has been in existence since 1853, making it one of the oldest pubs in Melbourne

Tuesday 24th May



Outing 1: TEMPLESTOWE & Lunch at the Empy Hotel

Today we are going for a scenic drive before heading to the newly renovated Tempy Hotel for lunch.



Outing 2: DONCASTER & Lunch at the Pancake Parlour

In June 1965 the first Pancake Kitchen opened in Adelaide. 10 years later it came to Melbourne as the Pancake Parlour.

Tuesday 31st May



Outing 1 & 2: MOOROODUC & Tour of the Pure Peninsula Honey Farm

Pure Peninsula Honeys' apiarist John Winkels turned his hobby of many years into a full-time business. John found 2 feral beehives, which he carefully monitored, tended to, and eventually moved into boxes. This was the beginning of Pure Peninsula Honey. Lunch is down the road at Apple Espresso Café.

Thursday 19th May



Thursday Outings with the Evergreen Explorers

SASSAFRAS & Lunch at the Proserpina Bakehouse

The Bakehouse has amazing food, the cabinets are filled with the most incredible pastries and baked goods, and ALL is made on site. Best of luck choosing just one.



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



This program is funded by the Commonwealth Home Support Program. Make sure you are registered with My Aged Care to receive social support services through the Commonwealth Home Support Programme (CHSP) before we can provide you with this service.

EVERGREEN CLUB

WEDNESDAY COMMUNITY LUNCHEONS & CONCERTS

Join our Social Fun Day

- Weekly on Wednesdays
- Luncheons at 12 PM
- 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.

Booking essential. *The choice is yours: book your spot for a combo lunch & entertainment session, or just one or the other.*

Wednesday 11th May



3 course-meal:

- Entrée: Cream of Vegetables
- Main: Fish & Chips
- Dessert: Apple & Peaches Crumble

Afternoon Entertainment Program :

- Michael Devela will be playing Jazz & Swing from the 1930s & 1940s, with a few country numbers thrown in, as well as Frank Sinatra and Dean Martin favourites.
- Afternoon tea will be served with assorted biscuits.

Committee Meeting today

Wednesday 18th May



3 course-meal:

- Entrée: Carrot & Blue vein cheese
- Main: Chicken schnitzel served with mashed potatoes and green beans
- Dessert: Pavlova

Afternoon Entertainment Program :

- Phil from the One Man Band will delight us with his selections of songs from the 60's
- Afternoon tea will be served with assorted biscuits.

Wednesday 25th May



3 course-meal:

- Entrée: Pumpkin soup
- Main: Mixed Grill served, whole potatoes served with sour cream and vegetables.
- Dessert: Special Cake!

Afternoon Entertainment Program :

- Join us to enjoy Rosemary Hughson for the first part of our concert, followed by our special guests from the Whitehorse Council.
- Afternoon tea will be served with assorted biscuits.

Evergreen Club 64th Anniversary

Come and join the celebrations!

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EXERCISE PROGRAMS

STAY ACTIVE WITH BALWYN EVERGREEN CENTRE

**STAY FIT
AFTER 65**

**STAY ACTIVE
OVER 85**

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.

CLASSES DETAILS

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



CALENDAR

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

**CHECK OUR
CALENDAR**



BOOKING AND ENQUIRY

Book your spot

Call us today on (03) 9836 9681.

Ask us a question

Visit our website [here](#) or scan below:



Gentle intensity

- Seated Strength Balance
- Tai Chi for Beginners

Moderate intensity

- Strength Balance
- Challenge your Balance
- Strength Exercise
- Tai Chi for Intermediates
- Yoga & Meditation

Active classes

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

Evergreen Gym Studio

Small Group Gym Sessions:
Mondays: 1:00pm - 1:45pm
Tuesdays: 12:55pm - 1:40pm
Thursdays: 12:45pm - 1:30pm

**1 on 1 sessions available.
Please contact us on 9836 9681**

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

1:45 PM
Strength Exercise
with Tom

Your first class is FREE

Try something new. Fees are paid per session. No commitment, no locked-in contract.

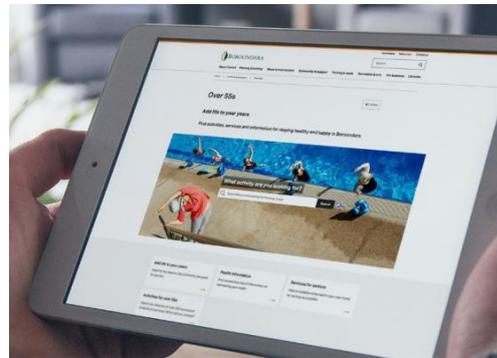
Request a personal assessment.

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.

WORKSHOPS & SPECIAL EVENTS

AT BALWYN EVERGREEN CENTRE

DIGITAL LITERACY



Why should you attend?

Nowadays, the Internet gives a variety of opportunities to have social connections and reduce social isolation. You too can make the most of what the internet has to offer.

This series of workshops will introduce you to what you need to know so you can access information and tools on the internet.

You will be guided and show 'hands on' practical content so you become comfortable using your devices.

Content of the workshops

- **Communicate & Socialise**

Learn about Apps to Communicate with other and join online events

- **Play & Learn**

Find games you can play on your phone or learn how to search content you are interested in such as local activities, news, etc.

- **Be Safe online**

Learn what is Cyber safety and how to navigate safely on the internet

- **Ongoing support**

Come and discuss any questions you may have and get ongoing digital support at Balwyn Evergreen Centre

FREE Group Workshops & Individual Support

- Every Monday & Wednesday, 2.00 pm – 3.30 pm from May 23rd to June 29th
- Group sessions capped to 6 people
- Individual sessions with Home visits are available for Boroondara residents
- Booking is essential

ART & CRAFT CLASSES



Why should you attend?

Participate in enjoyable hands on activities and friendly interactions with other people.

Give a voice to experiences and feelings not easily expressed in words.

Builds self-awareness and self-esteem and provides a voice to experiences and feelings not easily expressed in words.

May Special Offer

Buy 1 Get 1 FREE Pass*

*in addition to your free trial, when you sign up in May 2022

- Every Wednesday 12:30 pm to 2.30 pm
- Friendly Group Sessions
- Free trial
- Members: \$20 per session
- Non-Member: \$25 per session
- Booking is essential

HEARING CHECK

Rediscover the sounds you love. Hearing Australia is offering free hearing checks.

26 May 2022

9:30am – 3:00pm

At Balwyn Evergreen Centre

TABLE TENNIS

Join an active team of Seniors for some fun session every Thursday.

Booking essential. Contact us to enquire.



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Open Mon-Fri 8.30 AM - 4.30 PM

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

