



Evergreen Connections

November 2021

Welcome back to Balwyn Evergreen Centre

Congratulations to all of you for getting out there and being fully vaccinated. The BEC team are looking forward to welcoming you back to 45 Talbot Avenue.

Watching events unfold throughout the year, we were keenly focused on what we, as a community-based service provider could do to serve our consumers. We are proud of the way Balwyn Evergreen team and our wonderful Volunteers were able to step up to find a way to remain connected to our consumers. Our steadfast dedication to supporting you was always on display.

Beyond our telephone Welfare checks, we were very excited to bring to you an innovative way to keep in touch, keep active and socially engaged during this lockdown, thanks to our Virtual Sessions. Our Virtual Exercise classes became more popular each week, with you all enjoying bit of a workout and a chat, whilst our Virtual afternoon tea sessions with Elise and Mary and our Telephone Link-ups with Lotana brought great joy to both you and our team. You have always been in our mind and we hope you could feel our presence throughout this lockdown journey.

Ken McQualter
CEO

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Welcome back!

Whilst high vaccination rates will be the end of lockdowns, caution is still required, preventing COVID-19 exposure will be needed to complement vaccination for some time to come. Please note we make decisions in line with government restrictions, with the health and safety of our consumers, staff, and volunteers front of mind.

BEC reopening roadmap!

Exercise

From
Wednesday
3rd Nov

Bus Outings

From Tuesday
16th & Thur
25th Nov

Evergreen Club

From
Wednesday
10th Nov

Active Living Program

From Thur
11th & Fri
12th Nov

Podiatry

From Fri 5th
Nov
(Upon request)

Access to the centre

✓ Mandatory Proof of COVID-19 Vaccination

Anyone wanting to enter the Centre and participate in BEC programs and activities must present a valid COVID-19 vaccination certificate upon their first visit. All you have to do is to bring a printed copy of your immunization record or show us your certificate on your phone. BEC simply needs to sight the certificate once to tick you off the list and grant you access for your next visits.

COVID-Safe Plan & Precautions

To ensure your safe return, we thoroughly follow our **COVID-Safe Plan**, which is available for anyone to review, upon request.

Beyond our ongoing training to comply with the Aged Care Industry Standards, our staff have completed a **Standard Precautions for Infection Prevention and Control course**.

Topics covered in the course include:

- standard precautions used in healthcare environments to prevent and control infection,
- how to maintain effective hand hygiene,
- the need for respiratory hygiene and cough etiquette,
- the importance of maintaining a clean environment,
- how to use personal protective equipment safely,
- the importance of reprocessing reusable instruments and equipment,
- etc.

✓ Wearing mask as per the government guidelines

As per the most recent update on October 29th, anyone 12 years and over must wear a fitted face mask indoors (other than their home) including on public transport, unless a lawful exception applies.

Booking essential

Activities are set up in a way that social distancing can be respected. Bookings are essential to help us manage the number of people attending our program and ensure we comply with the regulation. Please make sure you call the office or speak to a staff member prior visiting the Centre.

COVID-19 Information

For the latest information and support:

www.dhhs.vic.gov.au/coronavirus
or call 1800 675 389

Exercise schedule

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

Mon	Tue	Wed	Thu	Fri
9:15 AM Zumba Gold	9:30 AM Challenge Your Balance <i>with Simone</i>	10:15 AM Seated Strength Exercise <i>with Jon</i>	9:30 AM Men's Exercise <i>with Jon</i>	9:00 AM Tai Chi for Health <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 Health <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 Jon</i>
	1:45 PM Strength Exercise <i>with Tom</i>	<p>Remember: your first session is FREE. so make sure you try something new - you may like it!</p>		

There is a class for everyone.

Gentle

Moderate

Active

Our classes have been tailored to fit different levels of fitness. Simply refer to the colour code to find our Gentle Exercise classes, classes with a Moderate level of energy involved, or more Active classes such as our Zumba or Movement to Music classes.

Request a personal assessment

Work out in our Gym Studio

Our gym is perfect for you to exercise with equipment and guidance. Simone welcomes you in small group or individual sessions:

Thursday 11:00am – 11:45am

Monday 1:30pm – 2:15pm

Thursday 1:30pm – 2:15pm



6 Weeks fitness program

We are pleased to host a very special fitness program, organised by the City of Boroondara and in partnership with YMCA, starting 15 November 2021.

This program is ideal for those over 55 who are not currently participating in a structured exercise program.

Refer to the posters in the lobby for booking information.

Yoga & Meditation



Your first class is FREE!

Call the office to book your spot.

After such a long lockdown, our Yoga and Meditation class is your new outlet to release all the stress and tensions, and keep a positive energy flowing through the body.

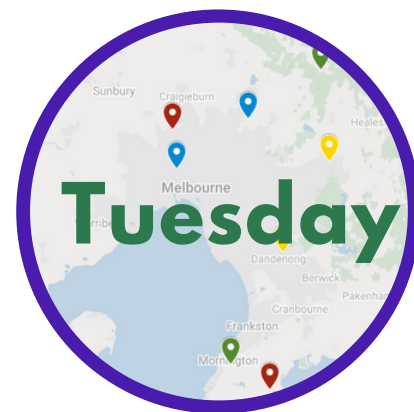
Bus Outings in November

Welcome back on the road, Evergreen Ramblers !

After such a long lockdown, we are excited to take 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.

Our Outings strictly follow our COVID-Safe plan and places are limited.

Call us on 9836 9681 to book your spot!



Tuesday
16th

Outing 1: HEALESVILLE

Enjoy a lovely drive out to the Yarra Valley and lunch at Willow & Jackson which is a new and exciting cafe located in Healesville.

Outing 2: DONNYBROOK

Come along for a day in Donnybrook and lunch at the Donnybrook Hotel which provides a good old fashioned, country pub service and delicious food.

Senior's menu available

Tuesday
23rd

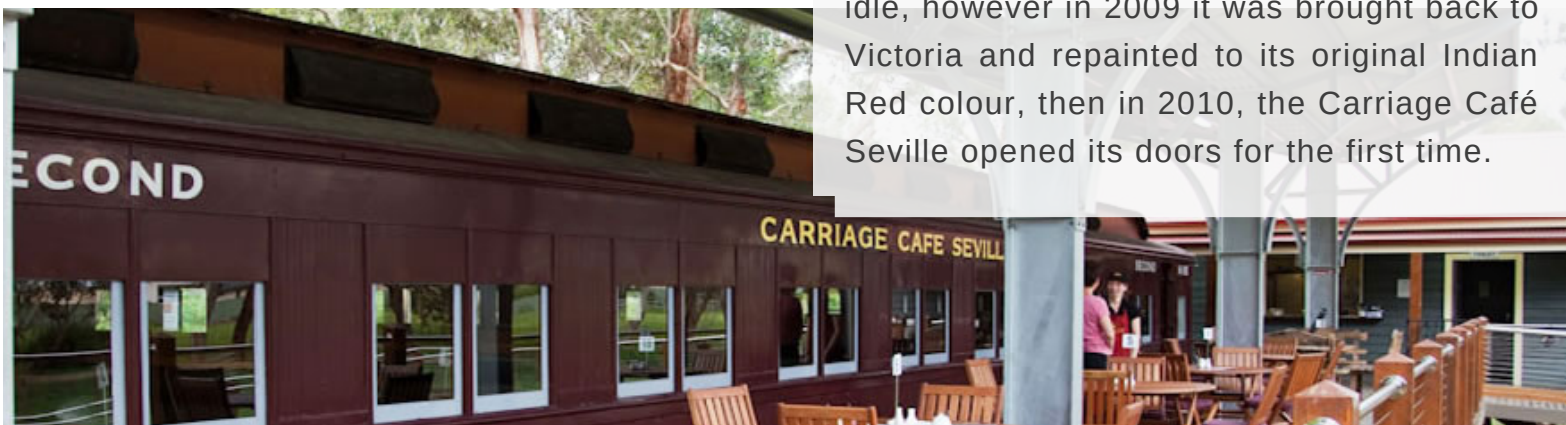
Outing 1: SEAFORD

Senior's menu available

Located on the banks of the Kananook Creek with magnificent views of the birdlife, the Seaford RSL is a warm and welcoming club with wonderful dining options.

Outing 2: SEVILLE

The centrepiece of the Carriage Café Seville is an over 100-year-old carriage. Constructed in 1910, this carriage originally ran along the Albury to Seymour line. The carriage ran until 2001 before sitting idle, however in 2009 it was brought back to Victoria and repainted to its original Indian Red colour, then in 2010, the Carriage Café Seville opened its doors for the first time.



Tuesday
30th

Outing 1 & 2: BEACONSFIELD

This trip we have two buses going to Cardinia Park Hotel so we can have a catch up and enjoy each other's company.

Cardinia Park Hotel is tucked away on the Beaconsfield-Emerald Road and have been cooking up quality Australian-style fare and serving cold ones since 1870.



Hello Evergreen Explorers!

Due to our long lockdowns, most of our outings have been cancelled. We are now delighted to be able to take you on an adventure with one Thursday outing this month.

Talk to the staff about the outings or **contact Elise on 9836 9681** to make sure we save you a spot in the Bus.



Thursday
25th

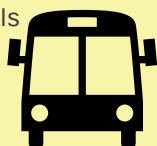
Outing : KALLISTA



Kallista Tea Rooms prides themselves on offering traditional favourites alongside modern and innovative culinary fare with a local touch. Why not try one of their indulgent house-made cakes or scones with a cup of tea? Their produce is sourced from local farmers, producers and businesses. Items such as locally made honey, free-trade, charity-based hot chocolate and handmade items such as cards, and paintings created by local artists are also available for purchase.

- 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



Australian Government
Department of Human Services

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Human Services.

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.

Remember how much fun we used to have during our Bus Outings?
It is time to bring them back! Book your spot now!



Shuttle ♦ Shopping Bus ♦ Private transport

Never miss an outing or shopping trip, with our regular bus service. Make chores more fun with like-minded friends, by hopping aboard our weekly shopping trips that pick you up and drop you off at home. We also offer daily transport to/from Balwyn Evergreen Centre's activity sessions.

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

Evergreen Club

Lunch & Concerts

It has been too long since we last all got together for a community lunch, some entertainment and laughter. We are ready to leave the loneliness of this long lockdown behind us and finally meet again for our weekly Evergreen Club catch-ups.

Come and enjoy the company of fellow members while having a three-course meal, followed by a concert with professional entertainers and afternoon tea. Member discount applies. Make sure you have a valid membership to enjoy the member special prices on our Lunches and Concerts.

Please call Lotana on 9836 9681 to secure your spot and ask for our transport services.

Wednesday

Join us for a three-course meal
at 12 pm and/or
entertainment and an
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.

Grand re-opening party Wednesday 10th November

Wednesday
10th

Entrée: Savoury appetizers
Main: Fish and chips served with salad
Dessert: Cream cake



Come along and try out our new artist Ricky Neilvis who will lift the soul after this long lockdown. Ricky will take you for a nostalgic musical walk down memory lane and more. Afternoon tea will be served with Tea / Coffee & Sponge Cake



Wednesday
17th

Entrée: Selected appetizers
Main: Sausages, hamburgers, soya chicken served with potato salad and Green salad.
Dessert: Trifle



Let's welcome back Ivan and Rhonda to cheer us today with their special flair.

Afternoon tea will be served with Tea / Coffee & ANZAC Biscuits

Wednesday
24th

Entrée: Hors D'Oeuvres
Main: Roast Pork and Roast Chicken
Dessert: Pavlova
Afternoon tea: Lemon Yoyo biscuit



OneManBand who will take us all to Classic hits from the past. Afternoon tea will be served with Tea / Coffee & a selection of homemade biscuits



Active Living Program

Respite program

Welcome back to our Active Living Program.

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 lovely staff members are here to provide care and guidance throughout the day activities.

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

For bookings or information about our respite program, please contact Elise on 9836 9681

Join us every
Thursday & Friday
from
10:00 AM to 3:00 PM
for our Active Living
Program

Thursday

Thursday
11th

10:00 AM: Morning Tea
11:00 AM: Active Movement
12:00 PM: Lunch & Let us Laugh

Strap yourself in for a fun afternoon of jokes, funny poems, Pictionary, charades and much more.

Thursday
18th

10:00 AM: Morning Tea
11:00 AM: Active Movement
12:00 PM: Lunch & Fun Games Day
There are lots of riddles, word games, poems and much more happening today in our afternoon program.

Thursday
25th

10:00 AM: Morning Tea
11:00: Active Movement
12:00 PM: Lunch & Creative Thinking Day
Get your thinking caps on for today as you will be needing to use your brains with our Creative Thinking Day.

Friday

Thursday
12th

10:00 AM: Morning Tea
11:00 AM: Active Movement
12:00 PM: Lunch & Let us Laugh
Join us for a fun afternoon of jokes, funny poems, Pictionary, charades and much more.

Thursday
19th

10:00 AM: Morning Tea
11:00 AM: Active Movement
12:00 PM: Lunch & Fun Games Day
There are lots of riddles, word games, poems and much more happening today in our afternoon program.

Thursday
26th

10:00 AM: Morning Tea
11:00 AM: Active Movement
12:00 PM: Lunch & Musical Afternoon with Julie
Our pianist Julie Zubrinich will take us into music this afternoon.



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Learn with Us

Workshops

Our digital workshops are sponsored by BeConnected and are designed to bring you FREE sessions to learn new skills using digital technology.

Each month, we run a session on a particular topic. However, we are also available to guide you through your individual queries.



Be Connected

Every Australian online.

Digital Skills workshops in November:

Monday 15th Nov, 1:30 PM

Monday 29th Nov, 1:30 PM

Topics discussed this month:

- How to make a video call
- How to use your phone to make photo albums and share photos



Individual assistance is available upon request. If you prefer a one-on-one session, please speak to Bo or call the office on 9836 9681

My Aged Care workshop

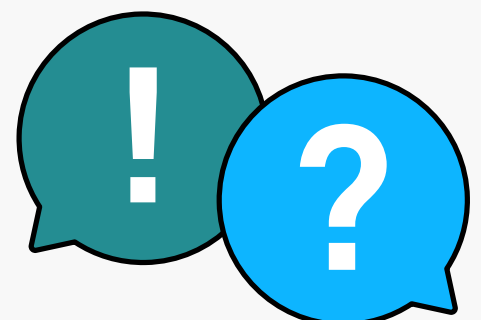
Wednesday 24th Nov, 2:30 PM

We explain how My Aged Care works and we help you get started with the initial assessment – so you can easily find and access the government-funded services you need. This will also allow you to make the most of what BEC has to offer.



Expression of Interest

Where there's a will there is a way! if you are interested in learning a new skill, we are here to help you! Simply share with us your expression of interest, and we will investigate and assess if we can pull a workshop together. Speak to one of our team members or use the suggestion box to share your thoughts.



Learn with Us

Art & Craft

After much anticipation, our new Art & Craft course is ready to kick off this November!

Many of you have registered their interest and we have been working with Roxanne, our new Art & Craft teacher, to put together an exciting program.

Come and meet Roxanne, on Wednesday 17th November at 12:30 pm, for a FREE Introductory class. Discover what this course can teach you and what sort of creative fun you will be able to explore during these sessions.

Art & Craft classes will be held every Wednesday, from 12:30 pm to 3:30 pm

- **Introductory class: Free**
- **Members: \$20 per session**
- **Non-Member: \$25 per session**

Art & Craft supply with be provided. Simply come and enjoy!

In your Art & Craft Kit you will find:

Tempera paint that will serve as a dual purpose, watercolour wash and poster paint, some drawing materials and brushes to get you started.

Welcome to your new Art & Craft course, with Roxanne



Calling all art enthusiasts. Come and join in to dust off our creative cobwebs!

Let's share together in the introductory session for some group activities in drawing and painting. I am very keen to meet with you and discover what you have been missing. Bring your ideas for projects that we can plan to create.

I will tell you a bit about my background of teaching secondary art/ craft to young people and adults for a quarter of a century!

I love working with every material and technique. I'm really looking forward to sharing our new discoveries in drawing, painting, printmaking, textiles, sculpture and more with you. It is so exciting that we will be back in the art room to play with paint and pencils again. It is a beautiful art space at the Evergreen centre; light and bright and smart.

Tell me what you have been missing and let's share about our favourite artists both Australian and overseas.

Date: Wed 17th November
Time: from 4:00 PM
Location: Online

You are invited to our AGM

Connect with us on Zoom and join our Annual General Meeting to review what BEC has been doing this year and discuss where are we heading for the year to come. Your attendance and participation are welcomed and appreciated.

Please contact us prior to the meeting if you have any questions or feedback you want to address.

Flashback on our lifestyle during the lockdowns

It has been a long time since we had the pleasure to welcome you to the centre. During the few months, the Centre was closed, we found ways to keep connected with each other via our Virtual Sessions as well as the telephone Link-Up.

Our Lockdown Activity Booklets was also an alternative way to bring you some distraction.

As always, Elise and Lotana had at heart, to deliver some good care and delivered a variety of treats to the consumers of our Outings program, Senior Divas, Active Living Programs and our Evergreen Club Members.

Virtual Exercise Classes



What you had to say about it

"Thanks for arranging the Zoom exercise session which I joined last Thursday. I found it good especially the inclusion of upper body exercises. I hadn't done any since Evergreen shut down in March last year. I certainly felt it in the arms finding muscles I'd forgotten existed."

Alan

"I was able to follow along well & very grateful for the opportunity."

Suellen

Virtual Afternoon Tea Parties



Delicious hampers delivery



Telephone Link-ups



“ What you had to say about it ”

Thanks very much for the 'Lockdown activity booklets' which I've received since the last time I wrote. As before I've taken them to my husband Jim and we've done the 'search the word' and 'spot the difference' activities, and I've read him the jokes. I'll pass the colouring-in pages on to someone else.

We appreciate your efforts in providing these booklets,
Kind regards,
Lorraine

"I am so moved that you did bake the scones for us. You told us last week, but I didn't believe that you had a way of getting them to us. Amazing I love talking to you on the phone and to other clients. is my weekly club that I can join."

WE ARE RECRUITING

VOLUNTEERS NEEDED!

URGENT

• DOG WALKING

Two of our community members urgently need your help to take their beloved doggies on walks. If you have a little bit of time to spare and have the confidence to walk large dogs, you can make a big difference in the lives of these friendly doggies and give some relief to their owners, knowing their pets will enjoy a stroll in good company.

• MINI-BUS DRIVING

Do you hold a driving licence? Do you want to be part of Fun Day Outs on Tuesdays? Get behind the wheel and be our driver for the day.

There are many ways to donate your time and contribute to your community.

Enquire about these Volunteering positions and the other opportunities available atBEC

Call the office on 03 9836 9681

Balwyn Evergreen Centre provides social support following the COVID-Safe guidelines of health and safety.

Social Support Individual Program is provided to elderly persons who are living alone, feel isolated, or simply need a little extra help.

Our services can be tailored to the individuals' situation, to best respond to their needs.

Following the COVID-Safe guideline, this support can include home visits from our friendly Volunteers to provide social support by engaging in conversation, assistance with their pets for grooming or to take them on a daily walk and transport to doctors appointments, essential shopping etc.



**Do you know
a doggy who
would enjoy
an extra
walk?**

Please call or email to discuss your needs

*Compagny
for your
daily walk*

*A lift to get your
essential
shopping*

*Help to take
your doggy
on a walk*



**Enquire about the support
available for you, your loved ones,
or your pets.**

This program is also available to CHSP clients. An initial assesment will help you determine what support is available for you.

Follow Balwyn Evergreen
Centre on Social Media
to get the latest updates

