

The background of the top half of the page is a photograph of bright yellow flowers, possibly a Banksia, with a small bee on one of the blossoms. The image is slightly blurred, giving it a soft, natural feel.

# Evergreen Connections

## September 2021

# Welcome back to Balwyn Evergreen Center

We are so impressed by everyone's resilience and it has been fantastic to witness the community spirit. Whilst we are asked to Social Distance, our community bonds have never been stronger.

Self-care and kindness are keys to get through this challenging time, and we encourage you to be kind to yourself and other people in your community.

As the lockdown is finally set to be lifted, we are excited to plan for the reopening of our Centre. We are all set to make it up to you and enjoy our little reunion.

As always, your safety and well-being is our priority. Our COVID-Safe plan is in place and we are strictly following the Government guidance in order to welcome you back safely to our Programs and Activities.

We invite you to review the programs we have planned for you and we hope you will be able to join us soon.

If you have any questions or concerns, please give us a call on 03 9836 9681.

Take care.

The Team at Balwyn Evergreen Centre

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## Self-Care

Practicing self-care can boost your physical and mental health.

# Health & Well-Being

The broad notion of self-care generally includes all those activities which relate to maintaining good health, such as establishing and continuing with a balanced diet, getting lots of exercise, having regular good sleep and rest periods, engaging in mental activities, and socialising with others to whatever extent that may be practical. All these activities taken together help to improve physical, mental, and emotional well-being, and contribute heavily to the quality of life that a senior should enjoy.

## How to practice self-care?

Self-care is simple enough to practice. All you need to do is keep at these little habits of self-care each day, and witness your life transforming for the best.



### Laugh more often:

Laughing releases happy hormones in your system. Dopamine and serotonin are secreted in your system when you laugh more often and are generally happy and contented. This, in turn, causes your body to respond positively to the happenings in life. Your medications work better, your diet benefits you more than usual, and your health stays in good shape. Laughter therapy isn't overrated. It works wonders for the young and older alike.



### Meditate and exercise:

Exercise sets your blood flow in motion. And meditation improves your mental health both for the short and the long term. Practice a 3-5-minute meditating session each day. Basic exercises like walking, stretching, and isometric exercises can be incorporated into your daily routine. This decreases stiffness in your joints and increases blood flow and circulation which improves your overall health too.

Check out our  
Meditation & Yoga Class,  
available every Thursday



### Diet and eating habits:

With increasing age, you need to focus on your diet more than before. Schedules including eating habits is helpful, specifically if you take medications. Make sure you include plenty of fibre, proteins, and simple carbs in your food. Stay away from processed, sugary, and fatty ingredients.

There is no question that healthy eating can increase mental acuity, resistance to illness and disease, energy levels, immune system strength, recuperation speed and the ability to manage chronic health problems.



### Sleeping habits:

Sleeping relaxes our bodies. Hormones that induce hunger and satiate our appetite (named ghrelin and leptin) are secreted while you're at rest. This helps keep your appetite regulated. When you pay attention to your sleep cycle consciously, you are helping your body heal and recover. Your health and appetite improve, and stress hormones are suppressed. Getting yourself to sleep and wake up at the same time each day is crucial.

## What are the advantages of practicing self-care?

### • Healthier lifestyle:

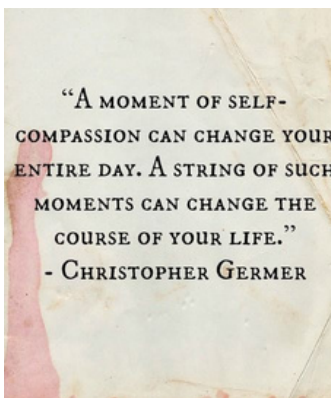
Sleeping on time, eating on time, exercising, and laughing often, all combined together gives you the best health in mind and body that you can fathom. When you put up with such habits consistently each day, you are bound to see your health getting better. With constant self-care habits, you will even maintain that state of good health in the long run too.

### • Confidence improves:

Being able to care for yourself and reflect on your life gives you a sense of empowerment and accomplishment that nothing else can. In due course of time, this practice will only increase you in confidence even when you don't feel like it.

### • Self-compassion increases:

When you watch yourself evolving with constant self-care, you will be in a better position to help others out too. This paves way for self-compassion and more self-love. Self-compassion is a slow process. Most people don't feel compassion for themselves, especially in old age. But if you make it a norm for yourself, the results awaiting you are outstanding and will surpass that of any other approach.



Self-love doesn't happen overnight. It will take a few months of practice and daily perseverance to get into the habit of self-care. Older adults need to make conscious efforts to make it happen, but it can be done. Once you see your mind and body getting better due to these little acts of self-love, you'll never want to let these habits go.

**Self-love is pretty contagious too. Once your friends see you looking after yourself and watch you getting better each day, there's a high chance that they'll follow suit. The independence and confidence that comes with caring for yourself are rewarding, even in old age.**



# Scrapbooking

Your guide to enjoy a relaxing moment down memory lane

## The Art and Scope of Scrapbooking

Scrapbooking is defined as the art of preserving and presenting history through memorabilia adorned with decorations as well as descriptions.

It's a practice that's been done as early as the 15th century and is still widely practiced by people of all ages. It's even used by various support groups as an activity to help promote positive coping and reinforce emotional strength. There was a 2011 study showing that scrapbooking was an effective technique to promote emotional strength and hopefulness in parents and caregivers of pediatric patients with cancer.

## Benefits of Scrapbooking for Seniors

Scrapbooking is an activity that can be enjoyed by people in all age groups, including seniors. Scrapbooking can be more than just a means to pass the time and preserve memories for seniors, instead, it has a variety of benefits.

### Memory Improvement.

The very nature of scrapbooking is to preserve memories, and having the elderly look through photos can stimulate one's brain for recollection. Recollection and being focused on the task of making the scrapbook allows seniors to be mentally active and exercises their brain for better memory and mental acuity.

### Boosting Self-Esteem.

Related to the previous point, reliving one's glory days can boost one's self-esteem. Scrapbooking does this by having seniors relive the past through photos being used for the scrapbook. Another way scrapbooking can help boost one's self-esteem is through the satisfaction of finishing a creative product that one puts hours of work, thought, and memories into.

### Better Dexterity.

Scrapbooking involves a lot of physical tasks that require a steady hand, from cutting art paper and foam adhesive strips, spreading glue, writing, twisting off caps, and drawing/coloring. These types of tasks, if done constantly, can improve one's dexterity, fine motor skills, and hand-eye coordination.

### Socializing.

Each photo has a story behind it, and scrapbooking can open up to a lot of conversational topics. You'd be able to talk about travel, work, people you've met along the way, and other experiences that have been immortalized through these photos. Additionally, scrapbooking is something you can do with friends, family, or a senior caregiver.

**Mary has been scrapbooking since her first child Chelsea was born 18 years ago.**

**Mary shares with us some of her creations and we hope that you can find some inspiration to start your own Scrapbook.**

If you are interested to create a Scrapbook and you'd like a little help to get started, talk to the Team at BEC. We will organise a Special Scrapbook workshop if there is enough expression of interest

## Tips When Scrapbooking

### • Gather Your Tools and materials:

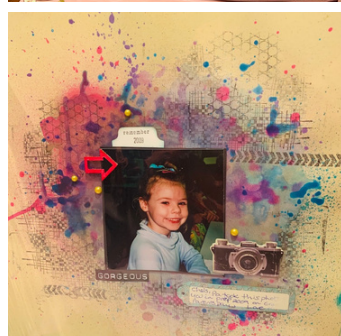
Prepare all the materials you need before getting started. Material to get started include photos, craft paper, scissors, glue, and markers. You can then move on to specific scrapbooking materials such as foam adhesive strips, double-sided tapes, ribbons, and stickers. Scrapbooking can be made from scrap, as well, such as old magazines, newspapers, and other materials you can find around your home.

### • Have a theme:

One way to help you decide on a theme is to look through your photos and see similar-themed ones. You can make a scrapbook about a trip you took, or perhaps a scrapbook of a family holiday or one that features your jobs and professional career. Before you know it, you'd have a list of potential scrapbooks you can do even before you've finished doing your current one.

### • Be Yourself:

Your scrapbook should be a reflection of you, a way to express your creativity. There are many scrapbook ideas out there, but the bottom line is that you should do it the way you want it. That way, you'd be a lot more proud when you show your finished product to your friends and family.



# Your Community Corner

Our community has been challenged over the past 19 months.

In an effort to slow the spread of the coronavirus, we have been going through a succession of lockdowns and we have learnt to live our lives in a different way than we used to. Whilst we are asked to Social Distance, our community bonds have never been stronger.

It is essential that we look up to each other. Little gestures can make a big difference in someone else's day, and give you a sense of purpose and accomplishment.



## We are here for you

The Team at Balwyn Evergreen Centre is committed to supporting you throughout the year, and even more during the lockdown.

We care about your well-being, health and safety and we want to make sure everyone has everything their need to age well and independently.

During the lockdown, in addition to our Virtual Exercise Classes and our Virtual Afternoon Tea Parties, we run Welfare-checks over the phone.

We like to keep in touch and we remain close to you until we get to see you again in the Centre.

If you have any suggestions or if you would like to share some feedback on how we can stay connected during a lockdown, please reach out to us.

Call us on 03 9836 9681  
or email  
[office@balwynevergreen.org.au](mailto:office@balwynevergreen.org.au)



## Digital Skills workshops



**Be Connected**

Every Australian online.

Would you like to connect to the internet, or do you have questions about your device?

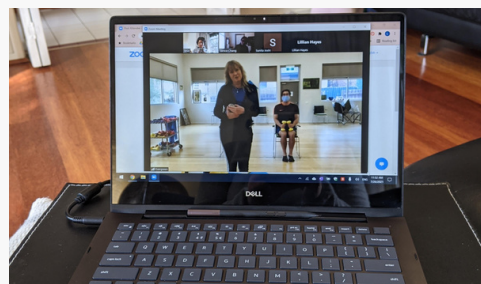
Join our **FREE** Workshops, sponsored by BeConnected. Enquire about individual assistance, available upon request.

## How to join a virtual class

The popularity of Zoom virtual classes is growing. They allow us to connect through our screen to a class or an event hosted online. When we need to stay home, this is a great way to remain engaged in activities you would otherwise miss out on. In this workshop, we teach you how to set up Zoom on your device and how to easily attend when someone invites you to a Zoom event.

*In future, BEC will consider organising Zoom Virtual Classes when people are not able to attend our sessions in person, so make sure you learn the ropes. It is easy and so worthwhile!*

• **Wednesday 22nd Sep, 1:15 PM**



## How to make a phone call with the video

Video calls are a great way to remain close to our families and friends, even when we need to stay apart. Not only do you get to hear them, but you can share a smile, and see people 'face-to-face', through your screen!

In this workshop, we teach you how easy it is to make a video call with a smartphone. Bring your own device and try for yourself.

• **Wednesday 29th Sep, 1:15 PM**



## My Aged Care workshop

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.

• **Monday 20th Sep, 2:30 PM**



## Fun Art Classes

COMING SOON...

## Expressions Of Interest Are Now Open

Back by popular demand, Balwyn Evergreen Centre is thrilled to announce Art & Craft classes are back, starting later in September 2021.

You will learn a variety of artistic techniques, get creative and try your hand at a few different projects and, most of all, have fun!

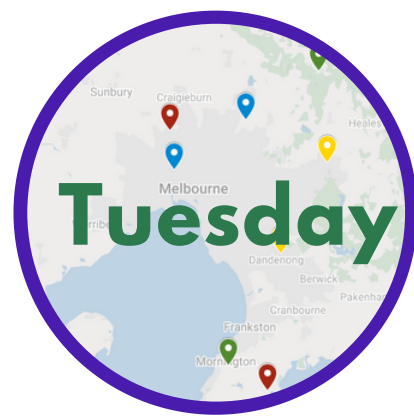
**To register your interest to join a class, call us on 03 9836 9681**

# Bus Outings in September

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.

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

**Call us on 9836 9681 to book your spot!**



*Tuesday*  
**7th**

## Outing 1: SEAFORD

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

## Outing 2: MORNINGTON

**Early start 9:30 AM**

Join us on a trip to the Grand Hotel in Morrongton. Built in 1889, it is over 125 years old. It was originally the Grand Coffee Palace, and later the Grand Hotel. It is registered on the Historic Buildings Register and recorded as a building of historical significance by the National Trust of Australia.

*Tuesday*  
**14th**

## Outing 1: 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.

## Outing 2: ST ANDREWS

Enjoy a scenic drive through the countryside before we have lunch at this great rustic old pub which is simply missing from so many pubs now days.

*Tuesday*  
**21st**

## Outing 1: FAIRFIELD

**Early start 9:30 AM**

At the heart of the Oasis story is the Makool family which emigrated from Lebanon in the 70s, along with a strong tradition of bringing people together through the sharing of food. This bakery has an array of readymade foods, spices, sweets and so much more. Lunch is on site.

## Outing 2: NOBLE PARK

**Early start 9:30 AM**

Enjoy a day of music with Morning Melodies, Gavin Chatelier is singing "Legends & Love Songs" followed by lunch on site.

*Tuesday*  
**28th**

## Outing 1: TAYORS LAKES

You can be as healthy (or as naughty) as you like when ordering your lunch today! Join us for a nice meal at Hunky Dory Fish & Chips, always a winner!

## Outing 2: CITY SIGHTSEEING TRIP

Today we go on a scenic trip through the city and the outer city areas before we head to Pier 35 in Port Melbourne, for a lovely lunch overlooking the water and where the Spirit of Tasmania docks.





In response to your enthusiasm for our bus outings, we are delighted to bring to you the **Evergreen Explorer program**. This program will take you on a drive around Melbourne metropolitan area, fortnightly on Thursdays and allow time for lunch, which can be purchased separately.

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



### Outing : KALLISTA

Thursday  
16th



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.

### Outing: BELGRAVE

Thursday  
30th

Earthly Pleasures Cafe is an ethically focused, vibrant cafe found in a historic building tucked away in the leafy surrounds of Belgrave. This beautiful old stone building was built in 1930 by the Jorgensen family, famous also for later building Montsalvat in Eltham. They have built their reputation on cooking from scratch, everything from chutneys, pestos and homemade cakes. It's just near Belgrave and Puffing Billy Railway station. The cafe captures the essence of the hills, with a picturesque setting and delicious inventive menu.



- 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

Funded by the Australian  
Government Department of  
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.*

## Bus outings ♦ Shopping Bus ♦ Shuttle

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](mailto:office@balwynevergreen.org.au)**



# Evergreen Club

## Lunch & Concerts

Evergreen Club's weekly lunch is a longstanding tradition in Balwyn Evergreen Centre's history, dating back to 1958.

Come and enjoy the company of fellow members while having a three-course meal, starting at 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.

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

Join us from  
12:00 PM to 2:15 PM for  
a three-course meal,  
entertainment and an  
afternoon tea.

Due to Covid-19 our  
Entertainment for  
September is yet to  
be confirmed

## Wednesday

Wednesday  
15th

Soup of the day: Potato and Bacon Soup  
Main: Chicken Schnitzel served with chips and salad  
Dessert: Fruit salad served with icecream



Wednesday  
22nd

Entrée: Tomato soup  
Main: Fish and chips served with salad  
Dessert: Pavlova  
Afternoon tea: Tea & Cake



Wednesday  
29th

Entrée: Tomato Soup  
Main: BBQ  
Dessert: Trifle  
Afternoon tea: Lemon Yoyo biscuit





# Active Living Program

Our Active Living Program offers 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.

If you like to book or enquire, please contact Elise on 9836 9681

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

## Thursday

Thursday  
9th

**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  
16th

**10:00 AM: Morning Tea**  
**11:00 AM: 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.

Thursday  
23rd

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

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

Thursday  
30th

**10:00 AM: Morning Tea**  
**11:00 AM: Active Movement**  
**12:00 PM: Lunch & Fun With Friends**  
Get ready to guess some phrases, work out some riddles, listen to friendship poems, therapy colouring and more!

Thursday  
3rd

**10:00 AM: Morning Tea**  
**11:00 AM: Active Movement**  
**12:00 PM: Fun with Friends**

Get ready to guess some phrases, work out some riddles, listen to friendship poems, therapy colouring and more!

Thursday  
10th

**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  
17th

**10:00 AM: Morning Tea**  
**11:00 AM: 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.

Thursday  
24th

**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.



Australian Government  
Department of Human Services

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# Exercise schedule

**Member discount applies.**

Make sure you have a valid membership when booking your classes

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

## Gentle

### Seated Strength Exercise

Gentle chair-based exercise using light hand weights and resistance bands. Improve mobility, range of motion and strength. Suitable for beginners and those who want to maintain their ability to perform day-to-day tasks.

## Moderate

### Strength & Balance

Chair based focusing on mobility and building muscular strength and endurance using hand weights and resistance bands. Component of balance challenge using a chair or wall-mounted rails for support if needed.

### Challenge your Balance

Standing and seated exercises to reduce risk of falls by improving balance and strength.

### Strength Exercise

Seated and standing exercises using hand weights, resistance bands and more. Stay fit and agile, work at a faster pace and stay stronger for longer.

### Tai Chi for Health

An entry level Tai Chi class to improve body control and co-ordination with a focus on flow and agility.

### Yoga & Meditation

A gentle form of yoga that can be done while sitting, to improve your flexibility, concentration and strength, while boosting your mood, and reducing stress and joint strain. We finish the class with a meditation session to relax release tensions.

## Active

### Tai Chi for Health

A more advance Tai Chi class to improve body control and co-ordination with a focus on flow and agility.

### Movement to Music

An active workout with music incorporating light aerobics to improve agility, endurance, balance, flexibility and coordination.

### Aerobics & Strength

30 mins easy to follow aerobic moves to music; 30 mins of strength training.

### Men's Exercise

Workout to stay strong, improve fitness, endurance, balance and flexibility.

### Zumba Gold

Latin dance inspired workout; working muscles of the hips, legs and arms.

## What will you try this month?

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

Remember: your first session is FREE. so make sure you try something new - you may like it!



### Work out in our Gym

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



### Yoga & Meditation

If you haven't heard yet, our new Yoga and Meditation class is your new outlet to release all the stress and tensions, and keep positive energy flowing through the body.

Book your spot.  
Your first class is FREE



### Table Tennis

Work on your hand-eye coordination and have fun!  
Whether you have never tried table tennis before, or you haven't practised for some time, give it a go!

\$5 per session. Available every Thursday.



Something to share to brighten someone else's day



Remember, we are all into this together and supporting each other is key to get through this special time.  
**If you need some support, BEC is here for you. Contact us on 9836 9681 or email us at [office@balwynevergreen.org.au](mailto:office@balwynevergreen.org.au)**



Cut along the line to detach your coloured artwork, then give the page to a loved one or drop it in the mailbox of a neighbour, as a small gesture to wish them a good day.

## Please call or email to discuss your needs

There are many ways you can enjoy yourselves when visiting us at 45 Talbot Avenue. However, we'd like to remind you that our services go beyond the doors of the Centre. Our Social Support Program for Individuals is designed to provide you with assistance, right at home.

**During the lockdown, we provide caregiving services following the COVID-Safe guidelines of health and safety.**

*Compagny for  
your daily walk*

*A lift to get your  
essential shopping*

*Assistance to go to your  
Doctor appointment*

## Enquire about the support available for you or your loved one.

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 and transport to doctors appointments, essential shopping and much more.

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

## Contact Us

Please contact us on

**03 9836 9681**

or email

**office@balwynevergreen.org.au**

Visit our website:

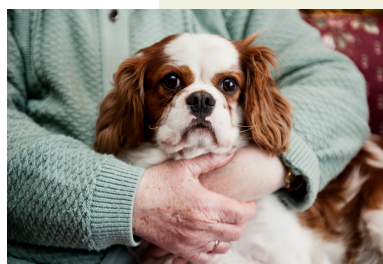
**balwynevergreen.org.au**

Follow us on Social Media  
to get the latest updates



**Support is  
available  
during the  
lockdown**

Balwyn Evergreen Centre is committed to supporting you throughout the year, either you can visit us in the Centre or not.



## COVID-19 Information

For the latest information and support:  
[www.dhhs.vic.gov.au/coronavirus](http://www.dhhs.vic.gov.au/coronavirus) or call  
1800 675 389



## Coronavirus Mental Wellbeing Support Service

Beyond Blue are providing information, advice and strategies to help you manage your wellbeing and mental health during the COVID-19 pandemic.

Call the hotline on  
1800 512 348