



Evergreen Connections

Welcome to August 2021

As we tackle the last month of Winter, we can already grasp the promise of sunny and warmer days coming our way. Like the course of the seasons, life keeps going by. We love seeing you stepping through the doors of the Centre, coming back after the snap lockdown in July did bring a smile to everyone's face.

Following the Government announcements on Thursday 5th August 2021, another lockdown is now underway, in an effort to slow the spread of COVID-19.

We hope you're keeping safe and well. We know this is a really challenging time for everyone, and we understand that these short interruptions of our programs and your routine can be disturbing.

Being part of the BEC community means that you should never be alone in what you are going through. Rest assured that the Team remains available to support you. We are only a phone call away, so please do reach out to us.

In times when we cannot be physically present, technology makes it easy to connect virtually. We also offer individual support that brings you some assistance beyond the confines of the Centre. Check out the section "BEC at your Services" to learn about the ways we can connect and for more information on our Social Support for Individuals.

Whilst everything came to a standstill, the Team kept working in the background to prepare a program of activities, which will be available as soon as the lockdown is lifted and restrictions allow it.

It is good for the mood to be looking forward to having some fun, so grab a pen and circle the classes, activities and events you would like to attend. We will be happy to book you in as soon as the centre reopens!

Please keep up to date with the restrictions in your local area so you don't miss out on the announcements about the reopening of the Centre.

Take care.

The Team at Balwyn Evergreen Centre

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News About the Centre

Retrospect: Last Month at BEC

Our chair-trip to Germany

Anyone joining our Active Living Program on Thursday and Friday knows that we never get bored! Last month, amongst other things, we travelled to Germany from our chairs. We learnt a few words. We discovered some cultural food and traditions. Most of all, we had a great time playing with the props from the photo booth!



We discovered

Victoria's biggest fruit salad!

We enjoyed visiting places across the Melbourne Metropolitan area, comfortable sitting in our mini-bus. The restaurants we stopped at for lunch were welcoming and we had delicious lunches. And dessert! Can you see Millie, hidden behind this gigantic fruit salad?



Virtual Exercise Classes during the last lockdown

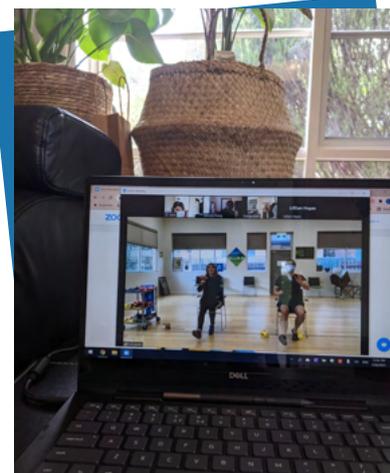
We can't repeat it enough: exercising is key to healthy ageing. During the recent snap lockdown, everything came to a standstill, but that didn't mean you had to stop any form of Exercise. To help you keep moving, we put together some virtual Exercise Classes you could attend using Zoom. Simone, assisted by Raymond, took you through a series of seated exercises you could do from home, in front of your computer or on your phone. Great effort to all of you who joined us for these virtual classes!

Exercise classes

Well done to everyone who attended the Exercise session at the centre. Great effort showing up to your weekly classes and keeping company with our great instructors!



Look at this balance skills! Our Strength & Balance classes are very popular and we love seeing you improving your resistance and your balance each time you practice with us.



Keeping you safe

Our COVID-Safe plan is in place and we strictly follow the guidelines to ensure your safety. We undertake thorough cleaning and sanitizing as part of our process. We contribute to the contact tracing by reinforcing QR Code scanning upon entering the building. We ensure social distances are respected within the centre and during our outings.

To help us maintain social distancing, it is essential we know how many people are expected to attend our classes and activities. During this special time, please note that bookings are essentials prior to visiting the centre.

Any questions or concerns?

If you have any questions on our COVID-Safe plan, or if you have any feedback for us, please send us an email so we can talk about it together:
office@balwynevergreen.org.au

We heard you!

Thank you to everyone who has participated in our survey last month, to help us understand what new activities you would be interested in.



It was fantastic to go through your answers and read that you have such a variety of interests.

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

Throughout the month of August, we will collect expressions of interest from interested participants and determine which day works best for all.

If you want in, make sure you let us know!



COVID-19 vaccination

The team at BEC has received their COVID-19 vaccination.



Virtual Classes & Catch-ups

Whilst everything comes to a standstill during the lockdowns, you don't have to be isolated. Using Zoom, we will be offering Virtual Exercise Classes and Catch up when possible, to keep us connected in times when you are not able to visit the Centre. If you wish to learn how to join a virtual session, our next Workshop is on Wed, 18th August at 1:15 PM.

Booking made easy!

Whether you attend a class or an activity on a regular basis or you want to try something new, it is important to book ahead of time, to make sure your place is secured.

Booking can be made simply by calling us on (03) 9836 9681 or emailing us at office@balwynevergreen.org.au

To make your booking even easier, each month we will also distribute a booking form. The form will list all the classes and the activities available that month. Simply mark down what you wish to attend, and return the form to Reception and, voilà!

New Exercise class added to the Schedule!

Our new Yoga & Meditation class is a very welcome addition to BEC Exercise Program scheduled every Thursday at 2:30 PM.

Our objective is to offer you more options to live a healthy lifestyle and we are so pleased to see the growing popularity of our Exercise program. This means that you are working on your fitness and it couldn't make us happier!

Wed	Thu	Fri
10:15 AM Seated Strength Exercise with Jan	9:30 AM Men's Exercise with Jan	9:00 AM Tai Chi for Health with Connie
10:15 AM Strength Exercise with Tom	9:45 AM Movement to Music with Simone	10:00 AM Tai Chi for Health with Connie
	2:30 PM Yoga & Meditation with Elizabeth	11:00 AM Seated Strength Exercise with Jan

Hand-Eye Coordination

Hand-eye coordination is the ability to perform activities that require the simultaneous use of the hands and eyes. With a decline in hand-eye coordination, the brain has trouble communicating efficiently when telling the hands to carry out a movement.

Is There a Relationship Between Aging and Hand-Eye Coordination?

As we age, a decline in hand-eye coordination affects almost every daily activity. This includes reaction time and dexterity, two important elements of hand-eye coordination. Fortunately, there are ways to prevent further decline.

A study by Oxford Academic explored this decline by looking at two groups of people, one with people 20-36 years old, and the other with people 67-87 years old. Participants in each group were asked to point to a target 100 times. After comparing the two groups, the researchers concluded that perceptual-motor skills decline as a person ages.

Why does hand-eye coordination decline?

Age-related changes are caused by the loss of function in multiple areas of the brain. As we age, the neuromuscular communication in our body isn't as strong as it was earlier in life. A recent study found evidence that age-related changes in visual perception may also affect hand-eye coordination.

Age isn't the only thing that can cause a decline in hand-eye coordination, many neurological disorders can impact this function. Some of these disorders are more likely to emerge with age. Others are determined by genetic factors or physical injury.

Movements, including those in the hand, require communication from the brain. If those pathways are compromised, as they can be in people with nerve damage or disorders such as multiple sclerosis and ataxia, hand dexterity and responsiveness will decline.

Ask Your Doctor

It is a good idea to let your doctor know about changes you may have noticed. Your General Practitioner can determine whether there's a neurological condition that needs to be addressed—or recommend physical therapy to help you maintain your present hand-eye skills.



Tips to Improve Your Hand-Eye Coordination

- **Use both hands.** When you brush your teeth or eat a meal, try to use both hands at once. This can steady your hands and exercise better control during activities in which you might feel a bit shaky.
- **Get creative.** Another great way to work on your hand-eye coordination is to do some creative work. Activities like painting and drawing are great for this since they require concentration on fine detail work. It is a great way to get your brain and your hands to work together.
- **Get moving.** Exercise is an important part of maintaining coordination. Balance exercises are great for when you need to work on coordination between your eyes, hands, and feet. Agility exercises are also a great way to improve reaction time.

Activities to Try

- ✓ **Table Tennis** - You can join the table tennis session happening right here at Balwyn Evergreen Centre on Thursdays. Simply speak to Reception to book your spot.
- ✓ **Art & Craft** - Our brand-new class will give you the perfect outlet to use your creative brain and try your hands on some fun projects. Simply put your name on the list so we can add you to the group and let you know when the classes are ready to kick off in September.
- ✓ **Tai Chi** - Tai Chi combines meditative stretching and balance exercises. It may improve your hand-eye coordination. Check our Exercise schedule on Page 15 for Tai Chi classes with Connie this month.

We are pleased to introduce our new section "*The Faces of Balwyn Evergreen Centre*". Our community is made of a variety of amazing people - valued Consumers, precious Volunteers and talented Board Members - and we are excited to feature their stories in our newsletters every now and then,



Meet Roxanne, one of our Dedicated Volunteers.

“

Evergreen is a terrific gathering place to catch up with friends and make new buddies.

I love participating in the different groups. We are all mature folk with significant life experiences. There are so many fascinating stories to share and lovely families to meet. It is very interesting to chat and learn about our members. I return home after my session feeling nourished in my emotions!

The activities that I have participated in are fun and full of variety, and the luncheons are so delicious and nutritious; with lots of veggies and friendly service. We have enjoyed concerts and sing-a-longs with Julie who educates us about the Great Composers and adds extra fun facts. She also presents us with light-hearted piano music in handy booklets for sharing the lyrics.

Also very impressive are all the physical exercise options available. The movement choices are wide, with many different levels to select from and try out. I can join in with a variety of equipment and many different time slots. The teachers are all terrific, I have felt the benefits of stretching with elastic bands and lifting light weights and softballs. I always feel really good after a session and sleep very well that night.

There has been lots of fun in our armchair travel and game sessions with Mary. She has so many great ideas! I discover hidden gems of talent in our participants; I am constantly surprised at the interesting stories I hear as we are playing together!

Elise and Sue are terrific at planning our food. They are a wonderful company in our morning teas and lunches!

Do you know the best thing about Evergreen? - The delightful people that are running the programs. There is so much kindness, care and concern, patience and love! There is no pressure to participate! Just being present with others lifts our spirits.

Roxanne Didier, August 2021

”

Do you have a story to share?

A warm thank you to Roxanne for sharing this story. We hope you enjoy reading it as much as we did.

~ ~ ~

If you or someone you know would like to share their story and how they are connected to Balwyn Evergreen Centre, please reach out to one of our staff members and we will be delighted to organise an interview!



VOLUNTEERING

Our mini-bus is so easy to drive that even Auguste, 2 years old, wanted to have a go. Unfortunately, our Outings go over his nap time, so we need to find another friendly Driver to join our little trips on Tuesdays and Thursdays.



Becoming a mini-bus driver with BEC is a fun rewarding way to be involved in your community.

You only need a Drivers Licence and a desire to spend some time in great company.

Whether you can be available for a few hours or just for short trips to help with home pick-ups and drops-off, we would love to hear from you.

Contact us for more information!

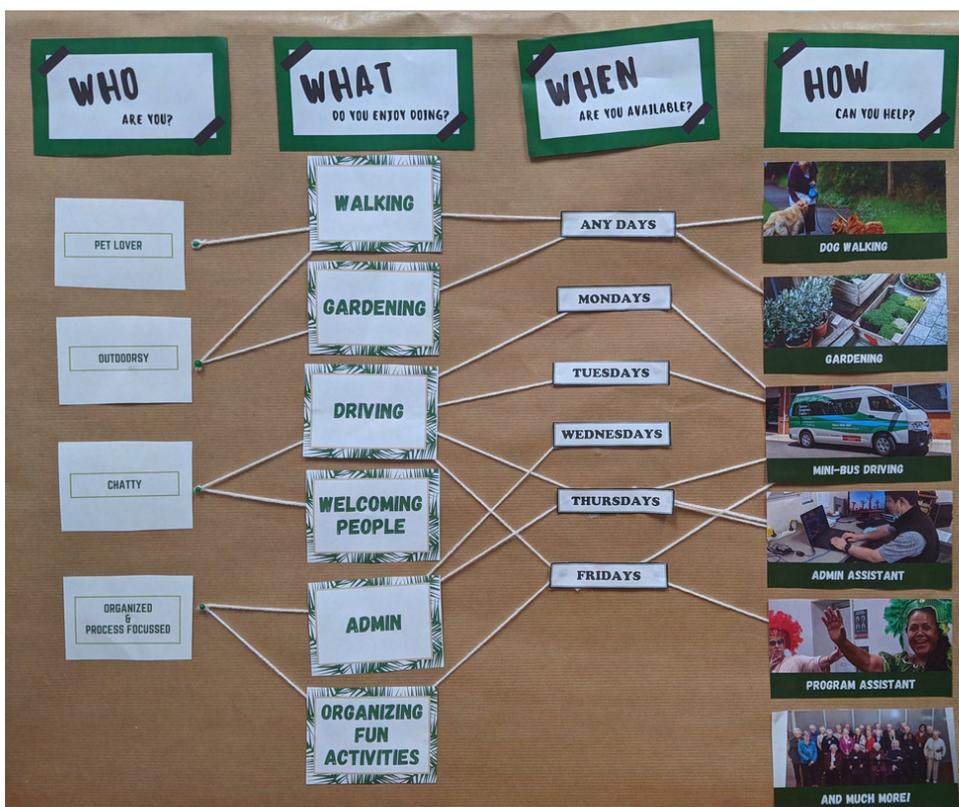
If You Have the Will, We Have the Way

Our friendly community of volunteers are vital to the daily happenings at Balwyn Evergreen Centre. They provide transport, serve meals, take care of pets, facilitate groups and share skills. Meet new friends and get the sense of wellbeing that comes with making a difference.

Find out which volunteer role is right for you.

- Kitchen Assistant
- Dog Walking
- Program Assistant
- Front Office & Administration Assistant
- Community Gardening
- Bus Driving
- And much more!

To enquire, please call us on 9836 9681 or email us at office@balwynevergreen.org.au



BEC, at Your Service

We Find
Answers
to Your
Questions

Navigating through the aged care system can be daunting. At Balwyn Evergreen Centre, we are here to help you live and age well. If you have a question about the aged care system and what support and services are available, we will try to bring you some answers - in the newsletter so everyone else can learn something, or confidentially if you prefer.

Simply email Raymond at office@balwynevergreen.org.au or pass your question onto Reception..

Dear Raymond,

I am 77 years old and I live in Balwyn. I usually drive to the supermarket to do my grocery shopping, and I like to walk with Luna, my Poodle, to the local café. I have a morning tea there and we pick up bread at the bakery. I am having surgery soon and I will not be able to drive for a couple of months.

I will still be able to do my shopping by myself but I will need assistance to get to the shops every week. I wouldn't want to have to stop my outings to the café but I would feel more comfortable walking alongside someone, at least for the first few weeks.

Do you know of any available service which may be able to assist me?

Thank you, Sue

Dear Sue,

A variety of services are available to support you living independently in your home and enjoy being active in your community for as long as you wish to.

At Balwyn Evergreen Centre, we offer a **Shopping Bus Service**, running every Monday. We pick you up from your place and drive you to the local Woolworth where you can do your shopping independently. Once your shopping is done, we allow some time to sit down at the café nearby, which is a nice opportunity to share a cuppa with the other consumers using the Shopping Bus Service. We then drive you back home and we assist you in unloading your grocery from the vehicle and carry them to your doorstep.

Our **Support Program for Individuals** is another service that matches you with one of our friendly volunteers to have some company during your walks and café visits. We can also take Luna on walks around the block while you are resting at home. Beyond this, you may want to consider enquiring about this service if you think you could use some assistance to run some errands or if you would like someone to drive you to your doctor's appointment,

The Australian Government subsidises the cost of some services for older people who are eligible. To determine if you are eligible and what services are suitable to you, the first step is to do a simple assessment with My Aged Care. At BEC, we run some workshops to explain all you need to know about this assessment and what benefits you can get out of it. Our next **My Aged Care Workshop** takes place on Monday 23rd Aug, 2:30 PM. Make sure you book your spot if you like to attend.

All the best with your surgery!

Take care, Raymond

This Q&A is inspired by an article published by the Nillumbik Council in their paper "Ageing Well in Nillumbik."

Our Social Support for Individuals

Live and age well and independently in your home, as long as you wish to.

Balwyn Evergreen Centre offers a wide range of programs to support you to keep active, entertained and socially connected.

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. **One of our Programs, Social Support for Individuals, is designed to provide you with assistance, right at home.**

Social Support Individual Program is provided to elderly persons who are living alone and feel isolated.

To help our seniors live independently and safely at home, we know that 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 this program.

Aged Care Quality Standard #6

Feedback and complaints

Each month, we have been featuring one of the Aged Care Quality Standards. This month we present Standard 6: "Feedback and complaints", which require organisations to have processes where consumers are encouraged and supported to provide feedback and make complaints.

Balwyn Evergreen regularly seeks input and feedback from you, your carer and others and uses the feedback to inform continuous improvements for individual consumers and the whole organisation.

This system must be accessible, confidential, prompt and fair. BEC supports all consumers to make a complaint or give feedback.

Resolving complaints within the organisation can help build the relationship between our consumers and BEC. We believe it can lead to better outcomes.

Your opinion is highly valuable and you should always feel safe and comfortable giving feedback to BEC.

Some consumers have barriers that make it difficult for them to raise complaints. These could be cognitive or communication difficulties, language, or cultural differences. The nature of a complaint can also be particularly sensitive or private. As per the Aged Care Quality Standard, organisations are expected to look for ways to tackle these barriers and create a culture that welcomes feedback and supports consumers to make complaints.

We thank you for your trust and we hope to hear from you.

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.

Wednesday 18th Aug, 1:15 PM



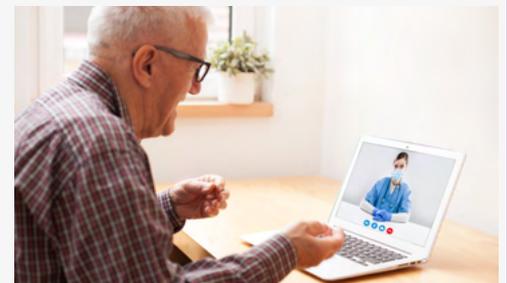
In future, BEC will consider organising Zoom Virtual Classes when people are not able to attend our sessions in person, so make sure you learn the ropes. It is easy and so worthwhile!

How to make a phone call with the video

Wednesday 25th Aug, 1:15 PM

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.



My Aged Care workshop

Monday 23rd Aug, 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.



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 September 2021.

You will learn a variety of artistic technics, get creative and try your hand at a few different projects and, most of all, have fun! Make sure you register your interest to join a class.

Bus Outings in August

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
3rd

Outing 1: WARRANDYTE

Today we make our way to Warrandyte, a lovely township tucked away along the banks of the Yarra River. We wander through the eclectic shops before sitting down for a hearty pub lunch at the Grand Hotel



Outing 2: CROYDON

Today we enjoy a drive through the Dandenongs Ranges. The Dorset Gardens Hotel, located at the foothills of the Dandenong Ranges welcomes us to their dining room for a meal together.

Tuesday
10th

Outing 1: GREENSBOROUGH

Early start 9:30 AM

Join us on a shopping spree trip to Savers Thrift Store - a champion of reuse. Enjoy a rummage through many items to find some bargains before we get to check out the Senior's menu at Greensborough RSL just down the road.

Outing 2: MOOROOLBARK

We are off to Mooroolbark to a lovely little café on a shopping strip which has a fantastic haberdashery and gift shop next door called Mooroolbark Wool where you can browse for all your knitting and crocheting needs or pick up a puzzle, card, or gift for a loved one.

Tuesday
17th

Outing 2: WHITTLESEA

Early start 9:30 AM

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



We visit Spencer's Store, a cute little café in Gembrook with a great menu and plenty of choices to accommodate everyone's budget.

Outing 2: GEMBROOK

Tuesday
24th

Outing 2: MELTON

Join us on a scenic drive to Melton, where we will enjoy lunching at the Melton country Club.

Outing 2: BAXTER

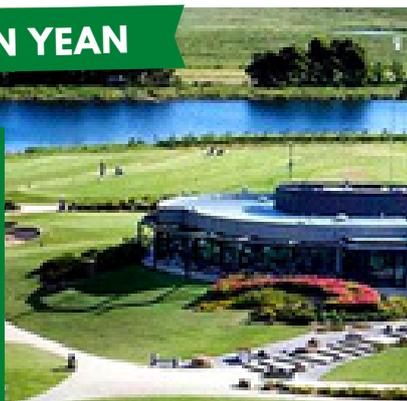
Early start 9:30 AM

Baxter Tavern has been a staple of the community for decades, continuing to provide locals with a place to gather for good food, cold beer, and hospitable service.

Tuesday
31st

Outing 1: YAN YEAN

Come along for a day on the Green. This Golf Course is set on 280 acres of bush and wetland, featuring ancient River Red Gums, kangaroos, and stunning views of the southern edge of the Great Dividing Range.



Outing 2: WARBURTON

Early start 9:30 AM

Join us for a lovely day out in Warburton, in the Upper Yarra Valley. The Riverview Café & Wine Bar welcomes us for lunch and we can enjoy a unique position on the edge of the Yarra River.

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.

Thursday
5th

Outing : **SUNBURY**

We drive to Sunbury today and enjoy a meal at the Royal Hotel. It is a lovely family hotel, nestled northwest of Melbourne in the suburb of Sunbury.



Thursday
19th

Outing: **BEACONSFIELD**

Enjoy a leisurely drive and take in the lovely scenery on your way to Beaconsfield. Today we have lunch at the Cardinia Park Hotel, tucked away on the Beaconsfield-Emerald Road. They have been cooking up quality Australian-style fare since 1870.



- 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
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We are here to keep you moving



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

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.

Wednesday

**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
11th

Join us in celebrating a belated "Christmas in July", and our Aussie Olympic Athletes Gold Medals, with a festive menu and a Quiz Competition about the Olympics in Japan

Festive Menu

Entrée: Smoked ham hock peas Soup
Main: Roast Pork, Roast Chicken, Ham, Roasted veggies and gravy
Dessert: Plum Pudding served with cream
Afternoon tea: Christmas Shortbread Biscuits

For your chance to score some points during the Quiz, make sure you watch the Olympics or keep yourselves up to date with the news. There will be a surprise prize for the winner !

Let's sing along with Julie and Robin. It will be a fun afternoon, so let's get festive and enjoy our time together!

Wednesday
18th

Entrée: Soup of the day: Asparagus & Chicken Soup
Main: Beef Rissoles served with onion gravy
Dessert: Chocolate Lava Cake served with fresh cream

For entertainment, we have Ricky Nevis who is a new artist. Ricky is looking forward to taking us to the 60's, 70's, 80's and a bit of Elvis Presley.

Wednesday
25th

Pancake Day!

Entrée: Surprise!
Main: Chicken Savoury pancake
Dessert: Sweet pancake served with Peaches brûlé
Afternoon tea: Tea Cake

The superb Claire Dubery is entertaining us today. Come and enjoy Claire's angelical voice.

Scrabble and knitting will be also available at the same time.

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




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Thursday

Thursday 5th

AM: Morning Tea and Active Movement
PM: Lunch & Musical Afternoon with Julie

Our pianist Julie Zubrinich will take us into music this afternoon. Chill Out and Enjoy!

“ Music is the wine that fills the cup of silence. ”

Thursday 12th

AM: Morning Tea and Active Movement
PM: Lunch & Fun Games Day

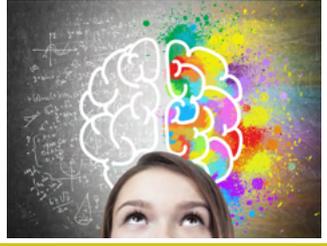
There are lots of riddles, word games, poems and much more happening today in our afternoon program.

Poetry is thoughts that breathe, and words that burn.
 --Thomas Gray

Thursday 19th

AM: Morning Tea and Active Movement
PM: Lunch & Creative Thinking Day.

Get your thinking caps on for today as you will be needing to exercise your brain with our Creative Thinking Day.



Thursday 26th

AM: Morning Tea and Active Movement
PM: Lunch & Let us Laugh.

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



We start our morning with a morning tea and an Active Movement session to help you keep moving and improve your hand-eye coordination, we enjoy lunch together and we finish the afternoon with game activities.

Our program this month is packed: we enjoy some delightful music on the piano, we play games and read poems. With the Olympics, this year taking place in Japan, join us on an armchair trip to this beautiful country to discover their culture, language and food traditions.

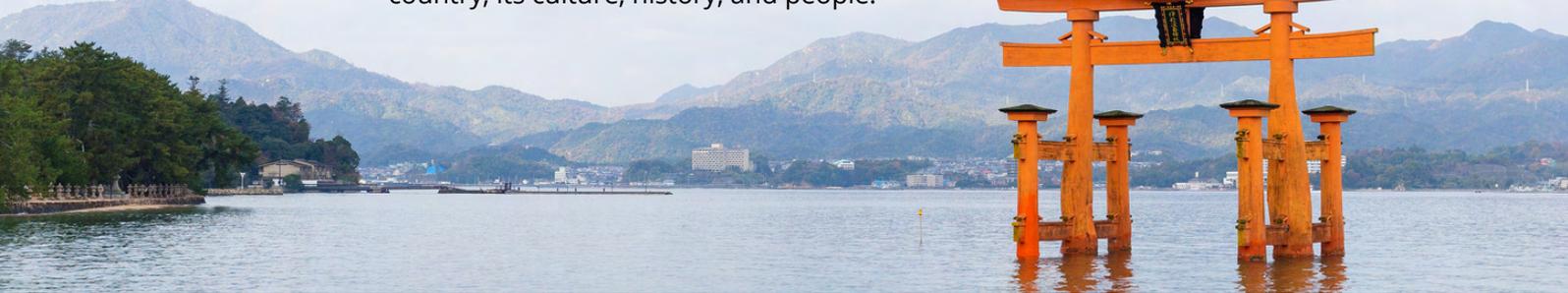


Join us from 10:00 AM to 3:00 PM for our Active Living Program every Friday,
If you like to book or enquire, please contact Elise on 9836 9681

Friday 6th

AM: Morning Tea and Active Movement
PM: Lunch & Armchair Travel to Japan

As the Olympics are on in Japan now, we are travelling there to find out all about this beautiful country, its culture, history, and people.



Friday 13th

AM: Morning Tea and Active Movement
PM: Lunch & Fun Games Day

There are lots of riddles, word games, poems and much more happening today in our afternoon program.



Friday 20th

AM: Morning Tea and Active Movement
PM: Lunch & Creative Thinking Day

Get your thinking caps on for today as you will be needing to exercise your brain with our Creative Thinking Day.



Friday 27th

AM: Morning Tea and Active Movement
PM: Lunch & Musical Afternoon with Julie

Our pianist Julie Zubrinich will take us into music this afternoon. Chill Out and Enjoy!



Exercise schedule

Member discount applies.

Make sure you have a valid membership when booking your classes

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 Aerobics & Strength <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>			

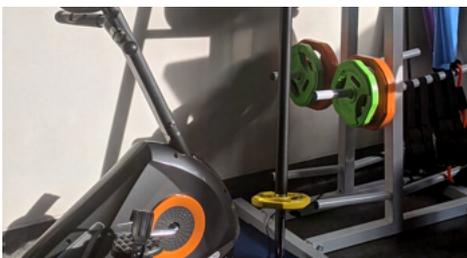
NEW

Gentle	Moderate	Active
<p>Seated Strength Exercise</p> <p>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.</p>	<p>Strength & Balance</p> <p>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.</p> <p>Challenge your Balance</p> <p>Standing and seated exercises to reduce risk of falls by improving balance and strength.</p>	<p>Strength Exercise</p> <p>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.</p> <p>Yoga & Meditation</p> <p>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.</p>
	<p>Tai Chi for Health</p> <p>An entry level Tai Chi class to improve body control and co-ordination with a focus on flow and agility.</p>	<p>Tai Chi for Health</p> <p>A more advance Tai Chi class to improve body control and co-ordination with a focus on flow and agility.</p> <p>Movement to Music</p> <p>An active workout with music incorporating light aerobics to improve agility, endurance, balance, flexibility and coordination.</p>
		<p>Aerobics & Strength</p> <p>30 mins easy to follow aerobic moves to music; 30 mins of strength training.</p> <p>Men's Exercise</p> <p>Workout to stay strong, improve fitness, endurance, balance and flexibility.</p>
		<p>Zumba Gold</p> <p>Latin dance inspired workout; working muscles of the hips, legs and arms.</p>

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.

Contact Us

Please contact us on

03 9836 9681

or email

balwynevergreen.org.au

Visit our website:

office@balwynevergreen.org.au

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in a different format, please email us
office@balwynevergreen.org.au

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to get the latest updates



Have your say

We welcome your feedback to
keep improving our newsletter
and constantly bring fresh and
interesting content for you to
enjoy.

If you like to share your thoughts,
please call us or email us.

Share your story with the community

If you have any tips or stories you
would like to share, please let us
know by sending an email at
office@balwynevergreen.org.au

COVID-19 Information

For the latest information and
support:

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