

NEWSLETTER – NOVEMBER 2018

Balwyn Evergreen Centre

Important Dates and Upcoming Events

November is here which means end of year events are around the corner.

- Melbourne Cup Day November 6th – Centre closed
- The centre will be closing December 21st 2018 until January 14th 2019.

Here are some November Events:

- Blumes Fashion: Blumes will be showcasing the latest pieces to add to your wardrobe
 - When: November 14th from 11:15am to 12:00pm
- Sally McNally Jams and Preserves: Sally will have a stall selling her delicious spreads
 - When: November 28th from 9am to 1pm.

The Boroondara Seniors Festival went ahead on October 9th 2018 at the Hawthorn Town Hall. Balwyn Evergreen had a presence with our lovely staff there. We had a stall showcasing the fantastic craft projects our centre has made and Leonie had an exercise demonstration for those who came down.

The day was very busy with hundreds of seniors from around Boroondara coming down to have a look. The staff handed out bags with goodies and program information while having a chat with any passers-by who had questions about the centre.

The day was very productive and hopefully we will see some new faces around the centre in the future.



Balwyn Evergreen Centre

45 Talbot Ave, Balwyn, Victoria, 3103

Ph: (03) 9836 9681

Fax: (03) 9836 8259

Email: brenda.dennis@balwynevergreen.org.au

Evergreen Events



Boroondara Seniors Festival

On October 9th 2018, the Council of Boroondara held its annual senior's festival.

Leonie had a chair exercise demonstration while our staff manned a stall and gave out gifts to visitors.

Here are some photos from the event.



Evergreen Podiatry

Every **Friday** we have a Podiatrist available at **Balwyn Evergreen Centre**. To make a booking please call the office on **9836 9681**.

Discounted rates for members

There is a **\$20.00** fee for failure to notify us if you do not turn up for an appointment.

Accompanied Appointments

Would you feel more comfortable if you were accompanied to and from your appointment?

Do you need help with cooking your meal? Want someone to converse with or friendly company? Would you like to go out for a coffee or movie but require support? **DO** you care for someone and require some respite time?

Evergreen now offers this service with competitive prices, so call Brenda on **9836 9681** to place a booking today.

This service is eligible for inclusion under a Home Care Package

(No Personal Care/Home Care offered through this program)

Evergreen Events

VHS to DVD Service

Save your precious memories by converting your old VHS tapes into DVDs.

In doing so, it ensures protection of your recorded memories from fading or breakage over time.

Bring in your tapes so we can begin converting to DVD and onto a USB stick.

Please enquire at Reception or contact **Brenda** on **9836 9681**.

A fee applies for this service.

Evergreen Community Lunch

On **Wednesday**, there is a community lunch at **Evergreen** as well as special lunches or BBQ's during the year.

There is a concert in the afternoon followed by afternoon tea.

If that doesn't appeal to you, in the morning there is also an exercise session followed by morning tea.

We also have art groups running in the afternoon as well!
Lots to do on Wednesday!

For more information, please call **Brenda** on **9836 9681**.

Understanding Technology

- Want to know how to use your mobile phone more effectively, understand how to operate your iPad or Tablet?
- Learn about online banking?
- Skype with your loved ones?
- Ebay?

Sessions are organized for your convenience. Please ring **9836 9681** and speak with Brenda.

1:1 Student to Instructor sessions for personalized classes.

Shopping Bus

Need help getting back and from the Supermarket?

A shopping bus runs on **Monday** with pickups starting at **9:00am**. You will be taken to **Balwyn Woolworths** before being collected and taken home.

The cost is **\$12.00** and you will need to contact **Brenda** on **9836 9681** to see if you are eligible for this service.

Home and Garden Maintenance

We are now offering home and garden maintenance services. If you require help around the house or help in the garden, we can arrange for our gardener to give you a quote.

If interested, please call Brenda on 9836 9681.

Volunteering

Drivers Wanted!

We are looking for volunteers to drive our outing groups on Tuesdays and Thursdays.

These outings usually start at 10am until 4pm. Early starts can also occur.

Lunch costs are covered up to a maximum of \$20.

You will need a Full Drivers' Licence and be over 25 years old.

If interested, please call Brenda on 9836 9681

Planned Activity Group Volunteers

Looking for a volunteering role to enrich the wellbeing of others?

We are seeking friendly and enthusiastic volunteers for our Planned Activity Groups on Thursdays and Fridays.

These groups aim to enhance the lives of our clients by enabling socialisation with others in a safe and open environment.

The group begins at 10:30am until 3pm.

If interested, please call Brenda on 9836 9681

Friendly Visiting Volunteers

We are looking for friendly volunteers who want to directly impact the lives of isolated individuals within the community.

Friendly visiting involves you spending time with our clients by having a cup of tea at their house or going out for a coffee. Can also include helping walk their dogs or assisting our clients with their shopping or just having a chat together.

This is a great opportunity to help our wider community.

If interested, please contact Brenda on 9836 9681.



Balwyn Historical Society

Thursday 8 November 2018 – 8pm

45 Talbot Avenue, Balwyn – Gold coin donation

Speaker: Irene Kearsey

Topic: LaTrobe's First Immigrants: The Voyage of the *David Clark*

Irene Kearsey, a keen member of the C.J. La Trobe Society, will speak about the voyage and arrival in 1836 of the *David Clark* which brought the very first assisted migrants direct to Melbourne. La Trobe, later Lieutenant Governor, developed and maintained contact with many of these passengers.

Enquiries and visitor bookings: 9857 7565

Senior's Activities

Yearly Subscriptions

\$35.00 per annum pro rata

Membership benefits include reduced fees on most activities including all exercise classes.

Hairdresser

On **Wednesdays**, we have our wonderful hairdresser, **Annette**, at Balwyn Evergreen Centre to cut hair for a competitive price.

Call **9836 9681** for an appointment

Over 55s section – City of Boroondara website

Please check out the new section on the City of Boroondara's website dedicated to those over the age of 55 where you can find information about local clubs, activities and services.

The address is:

www.boroondara.vic.gov.au/add-life

Exercise Instructor Wanted

We are looking for a qualified group exercise instructor preferably with experience working with seniors.

You may also be asked to cover other instructors if they are unavailable.

This is a paid position.

If interested, please contact Brenda on 9836 9681.

Sally McNally

Jam and Preserves

Sally is coming back on the **28th of November** to stock a stall with her delicious jams, preserves, pickles and spreads.

She will be at the centre from **9am to 1pm** so please come have a look.

Blumes Fashion

Blumes Fashion will be back on the **14th of November from 11:15am to 12pm.**

Please come and have a look at the latest trends and pieces that will sure to make heads turn.

Cabinet Donations

I know many like to rummage through the cabinet for a bargain, but we need some more stock!

If you have anything to donate, please bring it in or if you need it picked up, give us a call on **9836 9681**.

Monday Outings November 2018

Our Monday outings are for the more adventurous who are looking for a more interactive and active experience compared to our other outings. These outings are designed for the more physically able and usually includes walking. If you have any questions, please call Brenda or Elise on 9836 9681.

Date	Outings: Starts 10:00am unless specified	
26th November EARLY START 9.30AM Last Outing for 2018!	MELBOURNE BOTANICAL GARDENS TOUR The Garden Explorer Bus is a relaxing way to discover this 38-hectare garden. Enjoy the live commentary, absorb the stunning views, and wind your way around the Gardens. Lunch is at the Terrace Café in the gardens.	Transport \$17.00 Bus Tour: \$8.00 Choose own lunch

Evergreen Explorers November 2018

If you have any questions or want to make a booking, please call Brenda or Elise on 9836 9681.

Date	Outings: Starts 10:30am unless specified	
1st November Transport \$18.00 Tour \$6.00 (incl cuppa & bickie) Own meal choice	<u>NOBELIUS HERITAGE PARK & EMERALD MUSEUM, EMERALD, EARLY START 9.45AM</u> Set in the beautiful and historic Nobelius Heritage Park, Emerald Museum tells the story of Emerald's colourful past through displays of memorabilia, photographs and documents dating from early aboriginal occupation to the present day. Lunch in at the Paradise Valley Hotel in nearby Clematis which has extensive views over the surrounding countryside and Puffing Bill railway line at the bottom of the garden.	
15th November Transport \$18.00 Own meal choice	<u>TIDES BAR & GRILL, TOORADIN, EARLY START 10.00AM</u> The small township of Tooradin is situated on the northern shoreline of Western Port Tooradin approximately 65km South East of Melbourne. Flowing through Tooradin is the tidal channel of Sawtells Inlet which meanders through pleasant parkland north of the highway. South of the highway, the inlet flows into Western Port Bay. Close by the inlet, Tides Bar and Grill is popular with locals, day trippers and tourists.	
29th November Transport \$18.00 Entry \$6.50 Picnic \$16.00 TOTAL COST \$39.50	<u>AUSTRALIAN RAINBOW TROUT FARM, MACCLESFIELD, EARLY START 9.00AM</u> Enjoy a day out fishing at the Australian Rainbow Trout Farm in the Dandenong ranges whether you are experienced or beginner. Entry includes rod and bait, but you must purchase your catch. There are various sizes and species of fish from the smaller 400-700g Rainbow Trout at \$18/kg to larger 1-3kg Golden Trout at \$20/kg. Picnic on site.	

Tuesday Outings

November 2018

Date	Outings Start 10:00 am unless specified
6 th November	Outing 1 <u>NO OUTING – MELBOURNE CUP HOLIDAY</u>
6 th November	Outing 2 <u>NO OUTING – MELBOURNE CUP HOLIDAY</u>
13 th November Transport - \$18.00 Choose own meal	Outing 1: <u>FERGUSSON WINERY, DIXONS CREEK</u> Fergusson Winery is a family run business originally planted by the Fergusson brothers in 1968. The restaurant overlooks the picturesque vineyard and has a distinctive menu, using the freshest produce from the Yarra Valley region.
13 th November Transport - \$18.00 Tour - \$10 Choose own meal WALKING INVOLVED WITH THIS TOUR	Outing 2: <u>TAPESTRY WORKSHOP, SOUTH MELBOURNE, EARLY START 9.15AM</u> Established in 1976, the Australian Tapestry Workshop is the only workshop of its kind in Australia dedicated to the production of hand-woven tapestries and is one of Australia's leading producers of public art. We will have a guided tour of the Workshop observing the weavers and their current projects, two galleries with a collection of tapestries and the colour laboratory where yarns are dyed for production. Please be aware there are steps up to the mezzanine viewing area. Lunch is afterwards at The Montague Hotel.
20 th November Transport - \$18.00 Seniors meals - \$14.50	Outing 1: <u>ALTONA HOMESTEAD, ALTONA, EARLY START 9.30AM</u> Once the home of the Langhorne family, Altona Homestead is now home of the Altona Laverton Historical Society. Take a step back in time and enjoy the display of pictures, paintings and collections that reflect everyday life from 1840 through to the mid-1900s. Lunch afterwards at Altona Sports Club.
20 th November Transport - \$18.00 Choose own meal	Outing 2: <u>PELIKAN SOCIETE, HASTINGS</u> A lovely cafe right on the pier in Hastings. The location and ambience of Pelikan Soci�ete are second to none, overlooking the pier and the moored yachts and the water views across Western Port Bay.
27 th November Transport - \$18.00 Choose own meal	Outing 1: <u>PARADISE VALLEY HOTEL, CLEMATIS</u> Country pub in the Dandenong's which has a lovely spacious restaurant with extensive views over the surrounding countryside. The Puffing Billy railway line runs along the bottom of the garden so look out for the train puffing by.
27 th November Transport - \$18.00 Picnic - \$16.00 TOTAL COST - \$34.00	Outing 2: <u>ONE TREE HILL PICNIC GROUND, FERNY CREEK</u> We are off for a picnic today at the One Tree Hill Picnic Ground which sits amid the trees of the Dandenong Ranges National Park at the top of the 1000 steps of the Kokoda Memorial Walk.

Active Living Program

November 2018

This program provides a day of interesting and varied activities for the frailer members of our Community. Morning tea and lunch are served.

The program runs from **10:30am to 3:00pm** at the Evergreen Centre on **Thursdays** and **Fridays**.

Activities include exercises, music, cognitive and physical games and more.

If you are interested in knowing more, please ring **Brenda** on **9836 9681** or brenda.dennis@balwynevergreen.org.au

Date	Activities for Thursday
<u>1st November</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Melbourne Cup The Spring Carnival has come back around and lets horse around with some fun games and activities.
<u>8th November</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Summer Games The Australian Summer is back so let's celebrate the (hopefully) good weather with some traditional summer games and activities.
<u>15th November</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Board Games The heat is up so let's keep cool with some board games and whiteboard activities with some fun active games thrown in.
<u>22nd November</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Lets Getaway! End of the year means holiday time so let's have some fun with active games and some activities relating to our favourite holiday destinations!
<u>29th November</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Christmas Fun We will have lots of fun playing carnival games and getting into the spirit of going to the fair!
Date	Activities for Friday
<u>2nd November</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Pets and More Let's reminisce about the pets we had over the course of our lives and our favourite memories while also having some fun with some active games.
<u>9th November</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Tools of the Trade Our jobs define a lot about who we are and our experiences for most of our lives. Let's talk about what we use to do and remember the good times while we were still workin' 9 to 5.
<u>16th November</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: November Fun Let's celebrate the warmer weather with some spring themed activities and games.
<u>23rd November</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Christmas Craft Christmas is nearly upon us so let's do some Christmas craft which you can either keep for yourself or give as a present.
<u>30th November</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: It's nearly December! December not only means Christmas but also summer! Let's celebrate the turn of the season which active games, whiteboard activities and more.

Upcoming Events

Wednesday Concerts

Every Wednesday, after our delicious 3 course lunch, we have a delightful afternoon concert for everyone to enjoy.

We have a fantastic variety of entertainers to sing the classics from many of the greats of yesteryear.

Everyone is welcome so please come in and enjoy the show.

Time: Wednesday 1:15pm – 2:30pm.

Cost: \$11

Please contact Brenda Dennis on 9836 9681 for any enquiries.



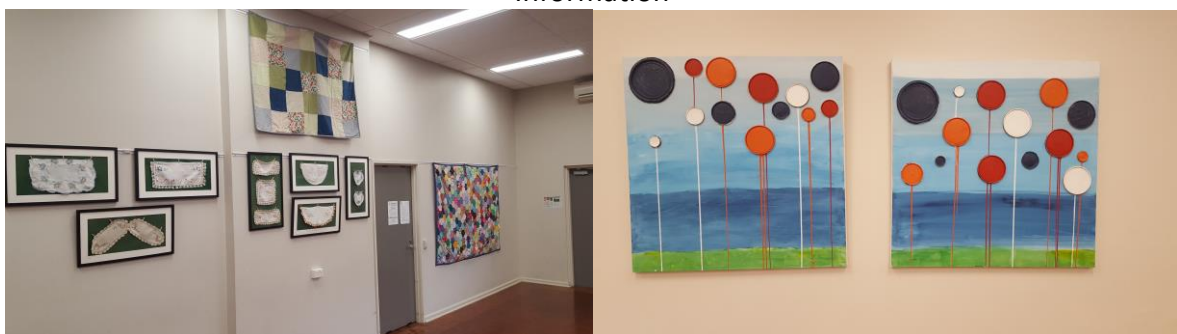
Creative Art and Craft Class

Our art program which runs every Wednesday will help unleash the artist within you and is led by an experienced teacher. We offer a variety of mediums and are open to all forms of artistic expressions. Please come in and have a look.

• **Time:** Wednesday 1pm—3pm.

• **Where:** 45 Talbot Avenue, Balwyn. Transport available.

Please contact Brenda Dennis on 9836 9681 or brenda.dennis@balwynevergreen.org.au for further Information



Senior's New Activities

THE SENIOR DIVAS

A new Ladies only group will be held on Thursday November 1st, 15th and 29th and will be running fortnightly from 11.00am to 2.00pm

This brand new group on will focus on:

- Women's Issues
- Health
- Beauty
- Craft
- Guest Speakers
- Outings
- Lunch included

Please contact Brenda Dennis on 9836 9681 or brenda.dennis@balwynevergreen.org.au for further information

THE GENTLEMEN'S CLUB

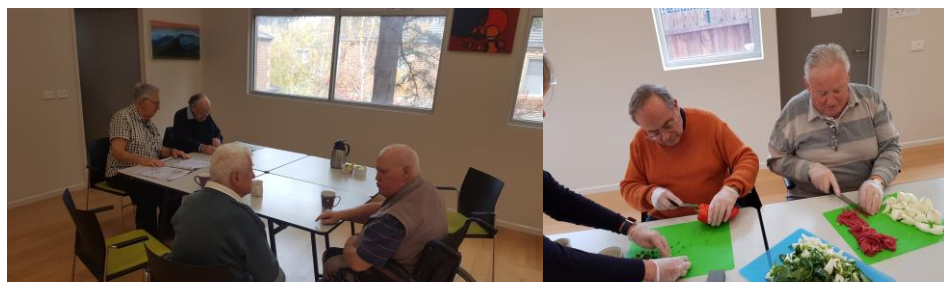
Thursday (Fortnightly) from 11.00am to 2.00pm

Will be held on the 8th and 22nd of November.

Activities include:

- Gardening
- Connect with people and make new friends
- Conversation
- Discussion on Current Affairs
- Learning basic cooking skills to prepare simple meals
- Book Club
- Physical and Cognitive Games and more!

Please contact Brenda Dennis on 9836 9681 or brenda.dennis@balwynevergreen.org.au for further information



Evergreen Wednesday Program - November 2018



Date	Activities	Special Afternoon Events
7th November	<p>10:15am: Gentle Exercise Classes 10:15am: Mid Strength Exercise Classes 12:00pm: Community Lunch 12:00pm – 3:00pm: Art Therapy Classes 1:00pm – 3:00pm: Arts & Crafts Classes</p>	<p>➤ 1:15pm – 2:15pm: Concert: Rob Foemander Rob is back to sing and play from his large repertoire of songs. A favourite of ours.</p>
14th November	<p>10:15am: Gentle Exercise Classes 10:15am: Mid Strength Exercise Classes 12:00pm: Community Lunch 12:00pm – 3:00pm: Art Therapy Classes 1:00pm – 3:00pm: Arts & Crafts Classes</p>	<p>➤ 1:15pm – 2:15pm: ➤ Event: Blumes Fashion 11:15am to 12pm Concert: Alex Matthews Alex is a master guitarist and fantastic vocalist to bring the classics to life this afternoon.</p>
21st November	<p>10:15am: Gentle Exercise Classes 10:15am: Mid Strength Exercise Classes 12:00pm: Community Lunch 12:00pm – 3:00pm: Art Therapy Classes 1:00pm – 3:00pm: Arts & Crafts Classes</p>	<p>➤ 1:15pm – 2:15pm: Concert: Victoria One of our favourites is back. Victoria with her superb, classical voice will sure to please everyone.</p>
28th November	<p>10:15am: Gentle Exercise Classes 10:15am: Mid Strength Exercise Classes 12:00pm: Community Lunch 12:00pm – 3:00pm: Art Therapy Classes 1:00pm – 3:00pm: Arts & Crafts Classes</p>	<p>➤ 1:15pm – 2:15pm: ➤ Event: Sally McNally Jams and Preserves 9am to 1pm Concert: Michael Reed Michael will get your toes tapping, up dancing and singing along with his energetic performances.</p>

Evergreen Gym
Now Open!!

*Want a better sense of wellbeing?
 Need to improve your posture?
 Want to increase your strength and flexibility?
 Evergreens new gym and personal trainers can help!*

Evergreen Gym's personal trainers are dedicated to each client, with tailored sessions to aid in specific goals. Private and away from the public eye, great post-rehabilitation exercise or just those wanting to increase their general wellbeing!

Call us now : 9836 9681
or just come and ask how we can help you today!

Where: 45 Talbot Ave, Balwyn 3103

STRENGTH EXERCISE GROUP TRAINING FOR MEN & WOMEN

Led by Qualified Personal Trainers specialised in older adults

Sessions are:

- Ideal for post rehab clients
- Designed to cater for a variety of ages and fitness levels
- Fun and social interaction is encouraged
 - Refreshments after classes.
- Suitable for all fitness levels and ages 50 to 95+

Cost: \$15.00 per one-hour session
Cheaper rates apply for members
(Membership costs only \$35 p.a)

Where: Evergreen Centre, 45 Talbot Avenue, Balwyn

What's Happening November 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am	Shopping bus	Bridge			Podiatry (until 3:30pm)
9:30am	<u>9:15am</u> Zumba Gold	Strength Exercise Group		<ul style="list-style-type: none"> ▪ Men's Exercise Group ▪ Movement to Music 	
10:00am		Tuesday Ramblers Bus Trip	<ul style="list-style-type: none"> ▪ Hairdressing - 12th December (Every 6 weeks until 3pm) ▪ <u>10:15am</u> Strength & Gentle Exercise Classes 	<ul style="list-style-type: none"> ▪ Evergreen Explorers (fortnightly) ▪ Walking Group 	Tai Chi for Balance
10:30am	Exercise to Music		Gym Circuit Class	<ul style="list-style-type: none"> ▪ Active Living Program 	Active Living Program
11:00am		<ul style="list-style-type: none"> • Gym Circuit Class • Strength Exercise Class 		<ul style="list-style-type: none"> ▪ Ladies' Circuit Gym (Shapeshifters) ▪ Gentlemen's Club (8th and 22nd November) ▪ Senior Divas (1st, 15th and 29th November) 	Gentle Exercise Group
11:30am	<u>11.45am</u> Strength & Balance Class				
12:00pm		<u>12:15pm</u> No Falls	<ul style="list-style-type: none"> ▪ Evergreen Club Lunch ▪ Art Lessons /Craft (until 3pm) 		
12:30pm					
1:00pm	<ul style="list-style-type: none"> ▪ Craft/Art ▪ Card Games 		Cards Group (until 3pm)		
1:30pm		<u>1:45pm</u> Strength Exercise Class	Evergreen Club Concert/Activity		