

NEWSLETTER – DECEMBER/JANUARY 2019

Balwyn Evergreen Centre

WISHING EVERYONE A MERRY CHRISTMAS AND A HAPPY NEW YEAR

It's that time of year again where we scramble around to buy presents for our loved ones and enjoy the beautiful weather over the holiday break.

As this is our last Newsletter for the year, the staff of Evergreen would like to wish everyone a safe and Happy Christmas and a New Year.

A huge thankyou to all our members for their support and participation throughout 2018.

Another thankyou to our wonderful staff and volunteers for their time and help and fabulous senses of humour.

The centre will close on 21st December 2018 and reopen 14th January 2019.

The end and start dates for the programs are on the next page.



Evergreen Events



Activity	End Date	Start Date
<u>Social Programs</u>		
Tuesday Ramblers	18/12/2018	15/1/2019
Evergreen Explorers	13/12/2018	17/1/2019
Thursday PAG	13/12/2018	17/1/2019
Friday PAG	14/12/2018	18/1/2019
Monday Outings	26/11/2018	25/2/2019
Senior Divas	29/11/2018	17/1/2019
Gentlemen's Club	6/12/2018	24/1/2019
Wednesday Creative Art Class	12/12/2018	16/1/2019
Evergreen Club Lunch and Concert	12/12/2018	16/1/2019
Art and Craft Group	17/12/2018	14/1/2019
Shopping Bus	17/12/2018	14/1/2019
Hairdressing	12/12/2018	23/1/2019
Walking Group	13/12/2018	17/1/2019
Podiatry	14/12/2018	18/1/2019
<u>Exercises</u>		
Zumba Gold (Monday)	17/12/2018	14/1/2019
Exercise to Music (Monday)	17/12/2018	14/1/2019
Strength and Balance Class (Monday)	17/12/2018	14/1/2019
Strength Exercise Group (Tuesday)	18/12/2018	15/1/2019
Exercise Strength Class (Tuesday)	18/12/2018	15/1/2019
Gym Circuit Class	Tues 18/12; Wed 12/12; Thurs 13/12	First class week starting 15/1/2019
No Falls (Tuesday)	27/11/2018	TBA
Wednesday Strength Exercises	12/12/2018	16/1/2019
Men's Exercise Group (Thursday)	13/12/2018	17/1/2019
Movement to Music (Thursday)	13/12/2018	17/1/2019
Tai Chi (Friday)	14/12/2018	18/1/2019

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**.

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.

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.

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.

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.



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)

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.

Garden Maintenance

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

If interested, please call Brenda on 9836 9681.

Balwyn Historical Society

Thursday 14th February 2019 – 8pm

45 Talbot Avenue, Balwyn – Gold coin donation

Speaker: Bill Mackie

Topic: Robert Reid and his Family at *Belmont* 1870 - 1955

Enquiries and visitor bookings: 9857 7565

Senior's Activities



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!

Every Tuesday at 11am, Wednesday 10:30am and Thursday 11am (ladies only)

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 **Sessions available:**

9:00am to 4:00pm — Monday to Friday

Email: leonie.legge@balwynevergreen.org.au

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
Please call Leonie on 9836 9681 for any enquiries

Monday Outings

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	
Monday 25 th February 2019	MONDAY OUTINGS WILL RESUME IN FEBRUARY 2019 DESIGNING WOMEN EXHIBITION AT THE NATIONAL GALLERY VICTORIA	

Evergreen Explorers December/January 2019

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
13 th December Transport \$18.00	<p style="text-align: center;"><u>EARLY START 9.30AM NAR NAR GOON: THE OLD MOTOR GARAGE ANTIQUES & COLLECTABLES</u></p> <p>The Old Motor Garage is the town's attraction and worth the road trip out to Nar Nar Goon. Visitors are welcomed by its colourful collection of antiques and artefacts and by its equally colourful and historical building facade. Lunch is at the Pakenham Hotel.</p>
17 th January Transport \$18.00 Own meal choice	<p style="text-align: center;"><u>WHITTLESEA: BOWLING CLUB</u></p> <p>Enjoy a leisurely drive to the little township of Whittlesea and lunching at the Whittlesea Bowling Club, choose from the 2 course seniors' meal or the lunch time menu.</p>
31 st January Transport \$18.00	<p style="text-align: center;"><u>MITCHAM: THE HEALEY FACTORY SHOWROOM</u></p> <p>Since the 70's The Healey Factory has grown from a backyard enthusiast operation to the Professional Sales, Service, Parts and Restoration/Accident Repair facility you see today. Enter the show room and go back in time to see these restored classic sports cars. This outing is a must for car enthusiasts or if you just want to look at some great old cars, a staff member will give a talk and tour followed by a cuppa. Lunch is at the Mitcham Hotel.</p>

Tuesday Outings

December 2018

Date	Outings Start 10:00 am unless specified
4th December Transport - \$18.00 Choose own meal	Outing 1: MOUNT ELIZA, CANADIAN BAY HOTEL Situated in the heart of Mt Eliza Village on the Mornington Peninsula, Canadian Bay Hotel offers a great choice of quality meals.
4th December Transport - \$18.00 Choose own meal	Outing 2: EARLY START 9.30AM, CHRISTMAS SHOPPING AT BURWOOD ONE SHOPPING CENTRE Today we visit Burwood One Shopping Centre for some Christmas shopping. There are plenty of shops to peruse K-Mart, Aldi, Reject Shop and many more, get in early for your Xmas shopping. Lunch is on site at one of the many food cafes. Bring some bags to carry home your purchases.
11th December Transport - \$18.00 Choose own meal	Outing 1: EARLY START 9.30AM BUNYIP, LADY LAVENDER TEA ROOM This country tea room is a charming place to sit and relax while having a cuppa and something to eat. Have a wander through the eclectic gift shop and nursery, filled with antiques, collectables and giftware. Followed by a leisurely walk through the cottage garden. Devonshire scones, light lunches and desserts served daily.
11th December Transport - \$18.00 Choose own meal	Outing 2: MIDDLE PARK, SANDBAR BEACH CAFE Melbourne's most beach side café meters from the water, situated on Beaconsfield Parade in Middle Park. The beach side deck is ideal for taking in the views of Port Phillip Bay.
18th December Transport - \$18.00 Choose own meal	Outing 1: WARBURTON, RIVERVIEW CAFÉ & WINE BAR This lovely café is situated in the township of Warburton in the Upper Yarra Valley and enjoys a unique position on the edge of the Yarra river. The restaurants facilities include a rear balcony and deck where you will see the foothills of Mt Donna Buang and listen to the river meandering through the valley. There is a great variety of food to choose from.
18th December Transport - \$18.00 Choose own meal	Outing 2: WILLIAMSTOWN, PRINCE ALBERT HOTEL On the 10th April 1837, the town of Williamstown was proclaimed. Established as the port of Melbourne, the town flourished through the years of the gold rush in the 1850's. Library records show the Prince Albert Hotel as one of the 27 hotels operating in the area at that time. These days the Prince Albert serves up tasty pub meals.

Tuesday Outings

January 2019

Date	Outings Start 10:00 am unless specified
15th January Transport - \$18.00 Choose own meal or senior meals available	Outing 1: <u>SPRINGVALE, GREYHOUNDS ENTERTAINMENT</u> Greyhounds is a dining and entertainment Centre which adjoins the Sandown Greyhound racing track. There is plenty to choose from the senior's menu with prices starting from \$14.00
15th January Transport - \$18.00 Choose own meal	Outing 2: <u>MERENDA, TWO BEANS AND A FARM</u> Two Beans and a Farm Restaurant is situated at the majestic Carome Homestead in Mernda. The Homestead itself was built in 1861 from local bluestone and is situated on the property that once housed one of Victoria's first water-powered flour mills. The food here is so tasty and lots to choose from all day breakfast and lunch.
22nd January Transport - \$18.00 Choose own meal	Outing 1: <u>FRANKSTON, WATERFRONT RESTAURANT</u> With the panoramic views of Port Phillip Bay at Waters Edge on the bank of Kananook Creek - Frankston Waterfront is a family restaurant with indoor and alfresco dining areas. Choose from the main menu or their lunchtime express menu.
22nd January Transport - \$18.00 \$22.90 for buffet lunch Total-\$40.90	Outing 2: <u>LYNBROOK, LYNBROOK INTERNATIONAL BUFFET</u> Lynbrook Hotel offers an international-all you can eat buffet dining, including European, Asian and Australian meals as well as a broad range of mouth-watering desserts.
29th January Transport - \$18.00 Choose own meal or seniors' menu \$24.00 for main and dessert	Outing 1: <u>YERING, YERING MEADOWS GOLF COURSE</u> The Yering Meadows Golf Club formerly known as the Croydon Golf Club was established in 1925, located on 330 acres in the Yarra Valley.
29th January Transport - \$18.00 Choose own meal or seniors menu available	Outing 2: <u>EARLY START 9.15AM, ROSEBUD HOTEL</u> The Rosebud Hotel was first opened in 1939, the first hotel in the town's history. Directly opposite the beach and in the heart of the shopping centre, this landmark hotel is perfect for a leisurely lunch on a sunny afternoon.

Active Living Program

December/January 2019

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>6th December 2018</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Christmas Craft We will be starting our Christmas craft. These cups and baubles will be great as a present or to hang on your Christmas Tree.
<u>13th December 2018</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Christmas Cheer We will be continuing our Christmas craft to finish them off then we have some fun Christmas games and activities for everyone to finish off the year.
<u>17th January 2019</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Welcome Back It's the new year so let's talk about what we did over the holidays along with some games to break the ice while going forward into the new year.
<u>24th January 2019</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Australia Day It's Australia Day so let's have some fun with some classic Aussie sporting games and activities to celebrate this great country of ours.
<u>31st January 2019</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Chinese New Year Chinese New Year comes back around with the year of the pig! Let's discuss what our zodiac signs are, learn what our names mean in Chinese along with some fun games and activities.
Date	Activities for Friday
<u>7th December 2018</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Christmas Craft We will be starting our Christmas craft. These cups and baubles will be great as a present or to hang on your Christmas Tree.
<u>14th December 2018</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Balwyn Primary Concert The choir from Balwyn Primary are coming down this afternoon for a lovely concert. Please feel free to bring some friends or family to enjoy the afternoon entertainment.
<u>18th January 2019</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Pets 'n More Today's program will be all about pets. The lovable companions we have now or had before and discuss the great times we had with our loyal companions.
<u>25th January 2019</u> 10:00am – 3:00pm	Program AM: Morning tea and Exercises PM: Australia Day It's Australia Day so let's have some fun with some classic Aussie sporting games and activities to celebrate this great country of ours.

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.



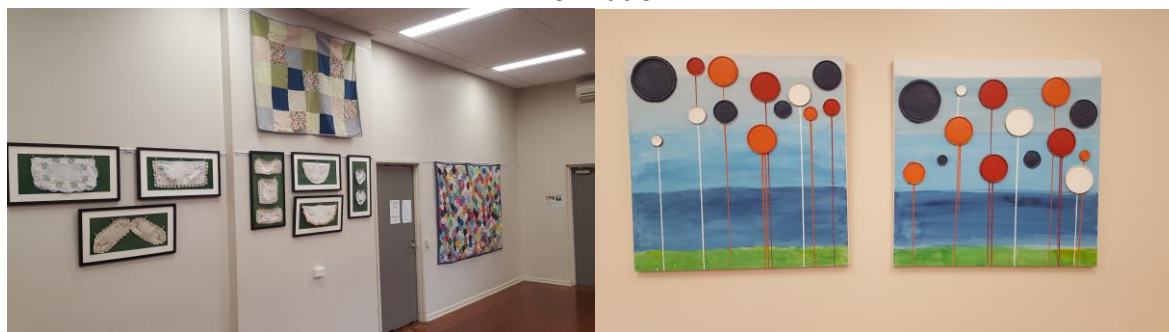
Creative Art and Craft Class

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 Ladies only group to be held on Thursday every fortnightly from 11.00am to 2.00pm

Next Meeting is on January 17th 2019

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

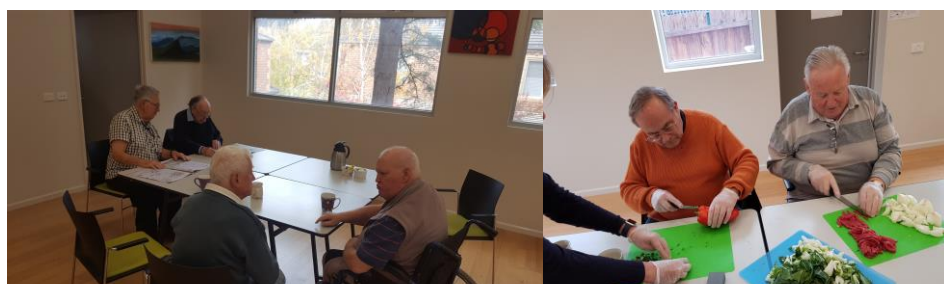
Thursday (Fortnightly) from 11.00am to 2.00pm

Will be held on the 6th December 2018 and resume 24th January 2019

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 -



Date	Activities	Special Afternoon Events
5th December 2018	<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: Ron Mayne Ron is back to sing and play from his large repertoire of songs. A favourite of ours.</p>
12th December 2018	<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: Lunch at the Manhattan.</p>
16 th January 2019	<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: Kim Cabaret Kim is back with her fun cabaret style and jazz songs to get you in the mood for dancing</p>
23rd January 2019	<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: Ron Mayne Ron is back for the new year to bring us the hits of yesteryear and remember the good old days.</p>
30 th January 2019	<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: Michael Reed ➤ Michael will get your toes tapping, up dancing and singing along with his energetic performances.</p>

What's Happening December/January 2019

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/23rd January (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 (6th December 2018 and 24th January 2019) ▪ Senior Divas (17th January 2019) 	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 				
1:30pm		<u>1:45pm</u> Strength Exercise Class	Evergreen Club Concert/Activity		

What's Happening December/January 2019

Cabinet Donations

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

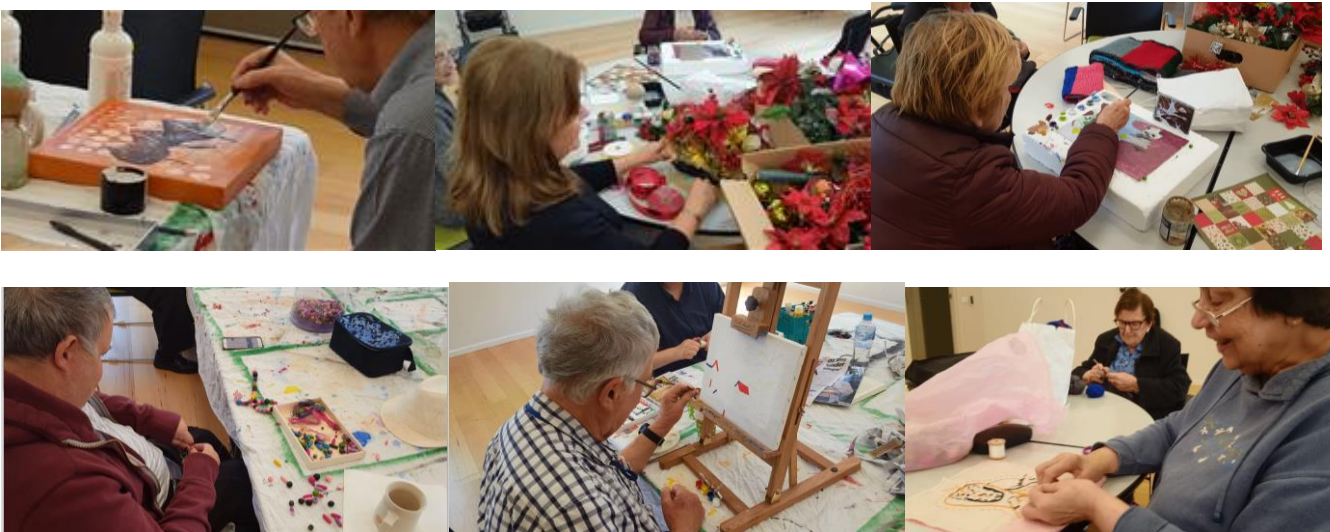
If you have anything to donate, please bring it in or if you need it picked up, give us a call on **9836 9681**.



Art Class

Our Wednesday Art class, which runs from 12pm – 3pm, has been working hard all year creating masterpieces. From painting to craft to knitting to jewellery making, our art group has something for everyone.

If interested, please call Brenda on 9836 9681.



EXCLUSIVE OFFER

AVAILABLE TO
BALWYN EVERGREEN MEMBERS

25% OFF*

ENQUIRE AT RECEPTION,
CALL BACK TO SLEEP DIRECT ON 1300 854 557
OR
COME AND PAY US A VISIT AT: 313-315
WHITEHORSE ROAD, BALWYN.
(Opposite Balwyn Football Club)



backtosleep.com.au

*Conditions Apply

Please check their website at www.backtosleep.com.au