

NEWSLETTER – FEBRUARY 2019

Balwyn Evergreen Centre

HAPPY NEW YEAR EVERYONE

It's business as usual for Balwyn Evergreen and all our programs are back to normal for the new year.

We hope everyone had an enjoyable holiday and had a nice break with family and friends.

We have a new addition to our staff roster. Trisha joins us as our new Exercise Co-ordinator. Trisha has come to us from the Disability Sector and prior to that she worked in Residential and Community Support as a Team Leader. She enjoys craft, cooking and I.T. whenever she gets the time.

Trish said that being an Exercise Co-ordinator is a new and exciting step for her. Please say hello if you see her in the building. She would love to meet everyone. Trisha is available on Tuesdays and Thursdays.



If you have any enquiries regarding exercises, please see Trisha or Brenda on 9836 9681.

Please note: If weather conditions are extreme, such as high temperatures, programs may be cancelled.



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 an art group 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 to 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.

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 perhaps 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.



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



THE SENIOR DIVAS

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

Meetings are held on February 14th and 28th 2019

This brand-new group on will focus on:

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

Please contact Elise on 9836 9681 or elise.walle@balwynevergreen.org.au for further information

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

Free Tilting Chair

A client has a spare tilting chair. This chair assists people in getting up and out of the chair by tilting slightly forward.

There is only ONE so whoever enquires first gets the chair. Must be able to provide own pickup.



Please call Brenda on 9836 9681 if interested.

Senior's Activities



EVERGREEN GYM

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: trisha.walker@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 Trisha/Brenda on 9836 9681 for any enquiries

Monday Outings

February 2019

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	
25th February EARLY START 9.45AM WALKING INVOLVED	DESIGNING WOMEN EXHIBITION @NGV: SOUTHBANK <i>Designing Women</i> draws from the NGV Collection to showcase over 50 significant works of design all united by their female authorship. From fashion design, contemporary jewellery and product design to architecture and digital innovation. Lunch at café on site.	Transport \$18.00 Entry: FREE Choose own lunch

Evergreen Explorers

February 2019

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

14th February Transport \$18.00 Meal \$15.00	<u>EARLY START 9AM : MOYARRA, PROM COUNTRY CHEESE</u> Prom Country's cheesemaking journey started in the mid-1990s as Red Hill Cheese adding the Prom Country label when they realized sheep cheese was their destiny. They are involved in the entire process from growing the pastures, to breeding and milking, handcrafting the cheese then proudly presenting the final products to you. Lunch today is a Ploughman's Platter and includes tea/coffee.	
28th February Transport \$18.00 Own meal choice	<u>WILLIAMSTOWN: OFF THE PIER FISH AND CHIPPERY</u> We travel down to the lovely suburb of Williamstown for a drive, weather permitting, order your fish and chip lunch to eat in the park or sit outside the shop on their table and chairs.	

Tuesday Outings

February 2019

Date	Outings Start 10:00 am unless specified
5 th February Transport - \$18.00 Choose own meal	Outing 1: <u>WARRANTDYTE, WARRAN GLEN NURSERY</u> Nestled on the banks of the picturesque Jumping Creek in the little township of Warrandyte, Warran Glen Nursery is a gardening paradise. Lunch is on site in their café.
5 th February Transport - \$18.00 Choose own meal	Outing 2: <u>SILVAN, BLUEHILLS BERRIES & CHERRIES PRODUCE SHOP, THE BARN OWL CAFE</u> We head to the hills and stop off at Bluehills Berry Farm for you to buy some produce in their shop and then off to lunch at the Barn Owl Café.
12 th February Transport - \$18.00 Ploughman's platter \$15.00pp	Outing 1: <u>EARLY START 9.00AM MOYARRA, PROM COUNTRY CHEESE</u> Prom Country's cheesemaking journey started in the mid 1990's as Red Hill Cheese, adding the Prom Country label when they realised sheep cheese was their destiny. They are involved in the entire process from growing the pastures, to breeding and milking, handcrafting the cheese, then proudly presenting the final products to you. Lunch today is a Ploughman's Platter which will be shared by everyone and includes tea/coffee.
12 th February Transport - \$18.00 Picnic lunch- \$16.00 Total- \$34.00	Outing 2: <u>MORDIALLOC, PICNIC LUNCH BY THE BEACH</u> Weather permitting, we venture down to Mordialloc and enjoy one of Balwyn Evergreens picnic lunches by the beach. Sitting under a pavilion gazing out at the sea.
19 th February Transport - \$18.00 Choose own meal	Outing 1: <u>WATTLE GLEN, PEPPERS PADDOCK GENERAL STORE</u> Enjoy lunch at this friendly and welcoming café after a picturesque drive through the Diamond Valley area.
19 th February Transport - \$18.00 Choose own meal	Outing 2: <u>EARLY START 9.00AM NOOJEE, LITTLE RED DUCK CAFE</u> We drive to the quaint little town of Noojee for lunch at the Little Red Duck Café. This part of Victoria is so pretty and usual very green.
26 th February Transport - \$18.00 Entry is free Lunch on site in cafe Choose own meal	Outing 1: <u>EARLY START 9.30AM DESIGNING WOMEN EXHIBITION@NGV, MELBOURNE</u> Spanning nearly 40 years, from 1980 to 2018, Designing Women highlights the ongoing role of female designers as a dynamic and critical force in shaping contemporary design culture. From fashion design, contemporary jewellery, and product design, to architecture and digital innovation, Designing Women draws from the NGV Collection to showcase over 50 significant works of design – across diverse creative fields – all united by their female authorship.
26 th February Transport - \$18.00 Choose own meal	Outing 2: <u>LAVERTON, WESTSIDE HOTEL</u> The Westside Hotel in Laverton is located within Melbourne's Western suburbs. Seniors menu available and ala carte.

Active Living Program

February 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>7th February 2019</u> 10:00am – 3:00pm	Program February Madness AM: Morning tea and Exercises PM: Fast paced games and mental stimulation is the aim for today. Let's see who will win in today's activities. Lots of fun for everyone.
<u>14th February 2019</u> 10:00am – 3:00pm	Program Cooking and Games AM: Morning tea and Exercises PM: Let's brush up our cooking skills today as we conjure up some lemonade scones and also some physical games along with whiteboard activities to get our brains into gear.
<u>21th February 2019</u> 10:00am – 3:00pm	Program Ready, set, go! AM: Morning tea and Exercises PM: On your marks, get set and go with some fun team and also individual games along some slower paced table games afterwards to finish off the day.
<u>28th February 2019</u> 10:00am – 3:00pm	Program Aromatherapy and games AM: Morning tea and Exercises PM: Breathe in and relax with some aromatherapy and those wanting something a bit more active, there will also be some physical games to have some fun with.
Date	Activities for Friday
<u>1st February 2019</u> 10:00am – 3:00pm	Program February Fun AM: Morning tea and Exercises PM: We have some games and activities from competitive team games to whiteboard fun. Come along and enjoy the afternoon.
<u>8th February 2019</u> 10:00am – 3:00pm	Program Fancy Friday AM: Morning tea and Exercises PM: Hoity toity, lets have some fun with dressing up and pretending we're the best of the best. We will also have some team-based games and cognitive activities to finish off the day.
<u>15th February 2019</u> 10:00am – 3:00pm	Program Delightful Bunch AM: Morning tea and Exercises PM: Lets us have a delightful afternoon with lots of fun minigames and cognitive activities. Depending on the weather, we may have a quick walk outside to get some sun and fresh air.
<u>22nd February 2019</u> 10:00am – 3:00pm	Program Lots of Laughs AM: Morning tea and Exercises PM: Laughter is the best medicine so let's tell some funny stories and jokes and have a good afternoon filled with laughter.

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.



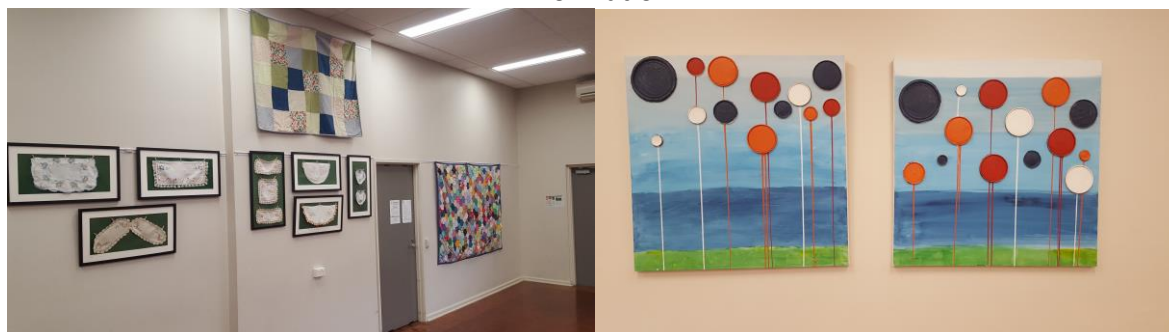
Creative Art and Craft Class

Our creative 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



Evergreen Wednesday Program -



Date	Activities	Special Afternoon Events
6th February 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: Peter Garam Peter is back with his smooth voice and collection of classic hits to make your toes tap and to get out of your seat for a dance.</p>
13 th February 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: Denis Cahill Denis is a talented singer with a magnetic presence and a large repertoire of instruments and songs sure to please everyone.</p>
20th February 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: To be Announced</p>
27 th February 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: ➤ To be Announced</p>

What's Happening February 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**.



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)

What's Happening February 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 – 6th March (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) ▪ Senior Divas (Feb 14th and 28th) 	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		