

# NEWSLETTER – MAY 2019

## Balwyn Evergreen Centre

### Survey:

Balwyn Evergreen Centre is eager to find out how you feel about the services we offer and how we can improve.

We will be distributing a survey and would appreciate you completing and returning it to us.

This survey is important to Evergreen and we ask everyone to participate.

If you require assistance or have any queries, please contact the office on 9836 9681.

- On Wednesday 8<sup>th</sup> May, the Evergreen Club will be having a 3 course Mothers Day lunch. It will consist of a delicious soup, a traditional roast (one that your mother used to make), and a scrumptious desert along with a glass of wine. All this for only \$20 so please book in at the front office or give us a call on 9836 9681.



- Our “No Falls” class starts on Tuesday May 7 at 12:15pm and runs for 10-weeks If interested, please call us on 9836 9681 to book your spot.



# 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.

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

## Volunteer Musician Wanted!

If you can play the piano and have an hour to spare on Thursday and Fridays once a month then we would love to hear from you!

Our Active Living Group would appreciate hearing some music and the opportunity for a sing-a-long.

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 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



## Require Small House Repairs/Gardening services?



We are offering the above services to our clients at a very reduced rate.

We have a experienced and qualified tradesman for your household maintenance tasks.

For more information, please contact Brenda on 9836 9681.

Eligible for inclusion under a Home Care Package

## Balwyn Historical Society

Thursday 9<sup>th</sup> May 2019 – 8pm

45 Talbot Avenue, Balwyn – Gold coin donation

**Speaker:** John Barnao

**Topic:** Orchards and fruit shops in Doncaster and Box Hill

**Enquiries and visitor bookings:** 9857 7565

# 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
- Refreshments after classes.
- Designed to cater for a variety of ages and fitness levels
- Fun and social interaction is encouraged
- 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

## May 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	
<b>27<sup>th</sup> May</b> <b>EARLY START</b> <b>9.45AM</b> <b>WALKING</b> <b>INVOLVED</b>	<b>PARLIAMENT HOUSE: MELBOURNE CBD</b> Enjoy a tour of Parliament House, one of Melbourne's best known landmarks. The sweeping steps, elegant lamps and grand colonnade are an impressive sight and the inside is no less grand, with the splendid architecture of the Legislative Assembly, Legislative Council, Queen's Hall and library. Lunch at Imperial Hotel.	<b>Transport \$18.00</b> <b>Tour - FREE</b> <b>Choose own lunch</b>

# Evergreen Explorers

## May 2019

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

<b>9<sup>th</sup> May</b> <b>Transport \$18.00</b> <b>Seniors menu: \$14-\$20</b>	<b><u>DIXONS CREEK: DIXONS CREEK CAFÉ BAR &amp; GRILL</u></b> Today, we'll enjoy a lovely scenic drive through the Yarra Valley to Dixons Creek Café Bar & Grill, a roadside café nestled in the foothills of the Great Dividing Range with a charming atmosphere, friendly and efficient service, a delicious Senior menu and amazing scenic views.
<b>23<sup>rd</sup> May</b> <b>Transport \$18.00</b> <b>Entry \$7 (incl tea)</b> <b>Own meal choice</b>	<b><u>EARLY START 9.30AM, FERTREE GULLY: AMBLESIDE HOMESTEAD</u></b> Enjoy a tour of Ambleside Homestead, a single storey former farm house built in 1899. This solid Hawthorn brick house is built in the Italianate style of multi-chrome brick and is a reflection of progressive building techniques of the time. Built in the transition between the Victorian and Edwardian era just before Federation, the house is on a slight rise with views to the City of Melbourne and a backdrop of the Dandenong National Park. Lunch will be afterwards a buffet feast at Ferntree Gully Hotel.

# Tuesday Outings

## May 2019

Date	Outings Start 10:00 am unless specified
<b>7th May</b> <b>Transport - \$18.00</b> <b>Choose own meal</b>	<b>Outing 1: <u>MICAWBER TAVERN, BELGRAVE</u></b> A beautiful little pub in a beautiful part of the country with a varied bistro menu and \$15 Lunch Specials menu to choose from.
<b>7th May</b> <b>Transport - \$18.00</b> <b>3 course menu \$25.00</b>	<b>Outing 2: <u>ST GEORGES TRAINING RESTAURANT, PRESTON</u></b> Enjoy a three-course lunch at the St Georges Restaurant, the training restaurant which allows Melbourne Polytechnic students to showcase their culinary, serving and hosting skills.
<b>14th May</b> <b>Transport - \$18.00</b> <b>Choose own meal</b>	<b>Outing 1: <u>EARLY START 9.00AM, MAGPIE &amp; STUMP HOTEL, WANDONG</u></b> The original Wandong Hotel was built to accommodate the needs of railway and sawmill workers in the late 1800's. Today, the Magpie & Stump Hotel is a modern and dynamic hotel with a relaxed and friendly "old style" feel.
<b>14th May</b> <b>Transport - \$18.00</b> <b>Seniors menu \$16.00</b>	<b>Outing 2: <u>THE SUGAR GUM HOTEL, SYDENHAM</u></b> Pub food with a nice homely vibe, complimented by true welcoming Australian service and a lovely Seniors menu in the Hotel's Bistro.
<b>21st May</b> <b>Transport - \$18.00</b> <b>Choose own meal</b>	<b>Outing 1: <u>WEST EIGHTY-ONE, WILLIAMSTOWN</u></b> Located directly opposite Williamstown Beach, this lovely little restaurant has fantastic views and has emerged as the freshest taste to hit the popular beach-side location of Williamstown.
<b>21st May</b> <b>Transport - \$18.00</b> <b>Senior menu:</b> <b>2 crs \$14, 3 crs \$17</b>	<b>Outing 2: <u>MORDIALLOC SPORTING CLUB, MORDIALLOC</u></b> We're heading down to the bayside suburb of Mordialloc. Jack's Bistro at MordyHQ has a great value Senior menu with a choice of a 2 or 3 course lunch.
<b>28th May</b> <b>Transport - \$18.00</b> <b>Seniors Menu:</b> <b>2crs \$21.00; 3crs \$23</b>	<b>Outing 1: <u>THE DAVA HOTEL, MOUNT MARTHA</u></b> The newly refurbished Dava Hotel is located on the picturesque Mornington Peninsula and on the seafront esplanade of Mount Martha featuring spectacular views of Port Philip Bay.
<b>28th May</b> <b>Transport - \$18.00</b> <b>Choose own meal</b>	<b>Outing 2: <u>MILLERS INN, ALTONA NORTH</u></b> Established 30 years ago, Millers Inn have been perfecting the art of being a great pub and have recently updated their friendly bistro serving a great value lunch menu including a selection designed for over 60s.

# Active Living Program

## May 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](mailto:brenda.dennis@balwynevergreen.org.au)

Date	Activities for Thursday
<u>2nd May 2019</u> 10:00am – 3:00pm	<b>Program</b> <b>Mothers Day Craft</b> <b>AM: Morning tea and Exercises PM:</b> We will be painting our own mugs today to celebrate Mothers Day. It can be for yourself or a gift for someone special.
<u>9th May 2019</u> 10:00am – 3:00pm	<b>Program</b> <b>May Antics</b> <b>AM: Morning tea and Exercises PM:</b> Lots of fun games to celebrate May! Also, there will be time to finish off your cup if you haven't finished yet.
<u>16th May 2019</u> 10:00am – 3:00pm	<b>Program</b> <b>Happy Spring</b> <b>AM: Morning tea and Exercises PM:</b> Lots of great activities and group fun to celebrate the changing of the season. Come prepared for some competition against your fellow friends.
<u>30th May 2019</u>	<b>Program</b> <b>May High Jinks</b> <b>AM: Morning tea and Exercises PM:</b> Group games and cognitive brainteasers is the plan for today. Put on your thinking cap and get ready to have some fun.
Date	Activities for Friday
<u>3rd May 2019</u> 10:00am – 3:00pm	<b>Program</b> <b>Mothers Day Craft</b> <b>AM: Morning tea and Exercises PM:</b> We will be painting our own mugs today to celebrate Mothers Day. It can be for yourself or a gift for someone special.
<u>10th May 2019</u> 10:00am – 3:00pm	<b>Program</b> <b>Gday Australia</b> <b>AM: Morning tea and Exercises PM:</b> Aussie themed games and activities for today so come on down and say G'day to everyone here at the centre.
<u>17th May 2019</u> 10:00am – 3:00pm	<b>Program</b> <b>Mix and Match</b> <b>AM: Morning tea and Exercises PM:</b> Today's theme is all about how well your match the correct terms together. Get your brains fired up!
<u>24th May 2019</u> 10:00am – 3:00pm	<b>Program</b> <b>Craft and wordgames</b> <b>AM: Morning tea and Exercises PM:</b> Today we are making some lavender sachet bags and afterwards some fun word games on the board.
<u>31st May 2019</u> 10:00am – 3:00pm	<b>Program</b> <b>AM: Morning tea and Exercises PM:</b>



# 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](mailto:brenda.dennis@balwynevergreen.org.au) for further Information



# Evergreen Wednesday Program -



Date	Activities	Special Afternoon Events
1st May 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 &amp; Crafts Classes</p>	<p>➤ 1:15pm – 2:15pm:            Concert: Peter Garam            Peter sings the classics so please join us and sing along.</p>
8th May 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 &amp; Crafts Classes</p>	<p>➤ 1:15pm – 2:15pm:            Concert: Denis Cahill            Denis is back with his smooth voice and collection of favourites.</p>
15th May 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 &amp; Crafts Classes</p>	<p>➤ 1:15pm – 2:15pm:            Concert: Michael Read            Michael sings upbeat songs and crooner classics.</p>
22nd May 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 &amp; Crafts Classes</p>	<p>➤ 1:15pm – 2:15pm:            Concert: Cindy Dean            Cindy will return with her unique flair and beautiful voice.</p>
29 <sup>th</sup> May 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 &amp; Crafts Classes</p>	<p>➤ 1:15pm – 2:15pm:            Concert: Victoria            Victoria has a beautiful classically trained voice which is sure to entertain you this afternoon.</p>

# What's Happening May 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/ Personal Care/Home Care Services

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

Do you need help with cooking/cleaning? 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

## Save the Date Volunteer Appreciation Afternoon

National Volunteers Week is May 20th-26th. In recognition of their tremendous contribution to the life of Balwyn Evergreen Centre, we are very pleased to invite all volunteers to a Volunteer Appreciation Afternoon. Come join us for drinks, finger foods and an opportunity to meet other volunteers.

Where: Balwyn Evergreen Centre  
45 Talbot Ave, Balwyn

When: Friday 24th of May 2pm-3:30pm

RSVP by Friday 14th May to Trisha at [trisha.walker@balwynevergreen.org.au](mailto:trisha.walker@balwynevergreen.org.au) or on 98369681.

We look forward to seeing you there!

**NVW**  
NATIONAL VOLUNTEER WEEK  
*Making a world of difference*  
20-26 May 2019

# What's Happening

## May 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"> <li>▪ Men's Exercise Group</li> <li>▪ Movement to Music</li> </ul>	
10:00am		Tuesday Ramblers Bus Trip	<ul style="list-style-type: none"> <li>▪ Hairdressing – 7<sup>th</sup> June (Every 6 weeks until 3pm)</li> <li>▪ <u>10:15am</u> Strength &amp; Gentle Exercise Classes</li> </ul>	<ul style="list-style-type: none"> <li>▪ Evergreen Explorers (fortnightly)</li> <li>▪ Walking Group</li> </ul>	Tai Chi for Balance
10:30am	Exercise to Music		Gym Circuit Class	<ul style="list-style-type: none"> <li>▪ Active Living Program</li> </ul>	Active Living Program
11:00am		<ul style="list-style-type: none"> <li>• Gym Circuit Class</li> <li>• Strength Exercise Class</li> </ul>		<ul style="list-style-type: none"> <li>▪ Ladies' Circuit Gym (Shapeshifters)</li> <li>▪ Senior Divas (9<sup>th</sup> and 23<sup>rd</sup> May)</li> </ul>	Gentle Exercise Group
11:30am	<u>11.45am</u> Strength & Balance Class				
12:00pm		<u>12:15pm</u> No Falls Starting May 7	<ul style="list-style-type: none"> <li>▪ Evergreen Club Lunch</li> <li>▪ Art Lessons /Craft (until 3pm)</li> </ul>		
12:30pm					
1:00pm	<ul style="list-style-type: none"> <li>▪ Craft/Art</li> </ul>				
1:30pm		<u>1:45pm</u> Strength Exercise Class	Evergreen Club Concert/Activity		