

# December Activities Calendar - 2024



**Balwyn Evergreen Centre**  
 45 Talbot Ave, Balwyn 3103  
 Open Mon-Fri 8.30am-4.30pm  
**(03) 9836 9681**  
 office@balwynevergreen.org.au

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>		<b>6</b>	
10.30am Exercise to Music 12pm Strength & Balance	Active Mod	9.30am Balance <b>9am Bus Outing (early start)</b> 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise <b>11.30am Line Dancing</b> <b>12.15pm Evergreen Community Group Lunch</b> 1.15pm Live Entertainment	Gentle Mod Mod	9.30am Men's Exercises *9.30am Movement to Music <b>11am Senior Divas group</b> 11.15am & 1.15pm Gym Sessions <b>1pm-3.30pm Table Tennis</b> 2.30pm Meditation & Yoga	Active Active Tailored Mod Gentle	10am Tai Chi <b>11am Seated Strength Exercise</b> <b>11am Pilates Workshop</b> <b>10am-3pm Supported Lifestyle Program</b>	Mod Gentle Active
<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>		<b>13</b>	
10.30am Exercise to Music 12pm Strength & Balance <b>1.30pm Digital Training Education</b>	Active Mod	9.30am Balance <b>10am Bus Outing</b> 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise <b>11.30am Line Dancing</b> <b>12.15pm Evergreen Community Group Christmas Lunch</b> 1.15pm Live Entertainment	Gentle Mod Mod	**9am Men's Exercises *9.30am Movement to Music 11.15am Gym Session <b>12pm Volunteer Christmas Lunch</b> <b>1pm-3.30pm Table Tennis</b> 2.30pm Meditation & Yoga	Active Active Tailored Mod Gentle	10am Tai Chi <b>11am Seated Strength Exercise</b> <b>10am-3pm Supported Lifestyle Program</b>	Mod Gentle
<b>16</b>		<b>17</b>		<b>18</b>		<b>19</b>		<b>20</b>	
10.30am Exercise to Music 12pm Strength & Balance	Active Mod	9.30am Balance <b>8.45am Bus Outing (early start)</b> 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise <b>11.30am Line Dancing</b>	Gentle Mod Mod	*9.30am Movement to Music **10.30am Men's Exercises 11.15am & 1.15pm Gym Sessions <b>1pm-3.30pm Table Tennis</b> 2.30pm Meditation & Yoga	Active Active Tailored Mod Gentle	10am Tai Chi <b>11am Seated Strength Exercise</b>	Mod Gentle
<b>23</b>		<b>24</b>		<b>25</b>		<b>26</b>		<b>27</b>	
10.30am Exercise to Music 12pm Strength & Balance	Active Mod	<b>NO CLASSES TODAY CENTRE CLOSSES AT 2PM</b>		<b>CHRISTMAS DAY CENTRE CLOSED FOR HOLIDAY BREAK</b>		<b>BOXING DAY CENTRE CLOSED FOR HOLIDAY BREAK</b>		<b>CENTRE CLOSED FOR HOLIDAY BREAK</b>	
<b>30</b>		<b>31</b>		<p><i>To all our clients, friends, and volunteers... thank you for allowing us to be a part of your family. Have a safe and enjoyable festive season and we'll see you in 2025!</i></p> 					
<b>CENTRE CLOSED FOR HOLIDAY BREAK</b>		<b>NEW YEAR'S EVE CENTRE CLOSED FOR HOLIDAY BREAK</b>							

- LEGEND:**
- Gentle – Gentle Exercises
  - Mod – Moderate Intensity
  - Active – Active Class
  - Tailored – Customised
  - Transport to and from Balwyn Evergreen available weekdays
  - If you're new to Balwyn Evergreen Centre, your first exercise session is FREE
  - Activities and programs are subject to change/cancellation at short notice
  - \*This exercise class is 45 minutes. All other classes are one hour
  - \*\* Please note time change for this class

**Supported Lifestyle Program**

Our Supported Lifestyle Program includes pick up/drop off, morning tea, an exercise session, three-course lunch followed by afternoon activities and a cuppa. This program caters to people over 65 with cognitive impairment or mild dementia.

# January Activities Calendar - 2025



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Monday		Tuesday		Wednesday		Thursday		Friday	
				1		2		3	
				<b>NEW YEAR'S DAY CENTRE CLOSED FOR HOLIDAY BREAK</b>		<b>CENTRE CLOSED FOR HOLIDAY BREAK</b>		<b>CENTRE CLOSED FOR HOLIDAY BREAK</b>	
6		7		8		9		10	
**11.30am Exercise to Music 12pm Strength & Balance <b>1.30pm Digital Training with Bo</b>	Active Mod	9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15 Seated Exercise 10.15 Strength Exercise <b>11.30am Line Dancing</b>	Gentle Mod Mod	9.30am Men's Exercises *9.30am Movement to Music 11.15am & 1.15pm Gym Sessions <b>1pm-3.30pm Table Tennis</b>	Active Active Tailored Mod	10am Tai Chi <b>11am Seated Strength Exercise</b> <b>10am-3pm Supported Lifestyle Program</b>	Mod Gentle
13		14		15		16		17	
**11.30am Exercise to Music 12pm Strength & Balance	Active Mod Active	9.30am Balance <b>10am Bus Outing</b> 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise <b>11.30am Line Dancing</b> <b>12.15pm Evergreen Community Group Lunch</b> 1.15pm Live Entertainment	Gentle Mod Mod	9.30am Men's Exercises *9.30am Movement to Music <b>11am Senior Divas group</b> 11.15am & 1.15pm Gym Sessions <b>1pm-3.30pm Table Tennis</b> 2.30pm Meditation & Yoga	Active Active Tailored Mod Tailored	10am Tai Chi <b>11am Seated Strength Exercise</b> <b>10am-3pm Supported Lifestyle Program</b>	Mod Gentle
20		21		22		23		24	
**11.30am Exercise to Music 12pm Strength & Balance <b>1.30pm Digital Training with Bo</b>	Active Mod	9.30am Balance <b>10am Bus Outing</b> 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise <b>11.30am Line Dancing</b> <b>12.15pm Evergreen Community Group Lunch</b> 1.15pm Live Entertainment	Gentle Mod Mod	9.30am Men's Exercises *9.30am Movement to Music 11.15am & 1.15pm Gym Sessions <b>1pm-3.30pm Table Tennis</b> 2.30pm Meditation & Yoga	Active Active Tailored Mod Tailored	10am Tai Chi <b>11am Seated Strength Exercise</b> <b>10am-3pm Supported Lifestyle Program</b>	Mod Gentle
27		28		29		30		31	
<b>CENTRE CLOSED FOR AUSTRALIA DAY PUBLIC HOLIDAY</b>		<b>9am Bus Outing (early start)</b> 9.30am Balance 11.30am Seated Exercise 1.45pm Seated Strength 1.45pm Strength Exercise	Mod Mod Gentle Mod	10.15am Seated Exercise 10.15am Strength Exercise <b>11.30am Line Dancing</b> <b>12.15pm Evergreen Community Group Lunch</b> 1.15pm Live Entertainment	Gentle Mod Mod	9.30am Men's Exercises *9.30am Movement to Music <b>11am Senior Divas group</b> <b>11am Men's Kitchen cooking class</b> 11.15am & 1.15pm Gym Sessions <b>1pm-3.30pm Table Tennis</b> 2.30pm Meditation & Yoga	Active Active Tailored Mod Tailored	10am Tai Chi <b>11am Seated Strength Exercise</b> <b>10am-3pm Supported Lifestyle Program</b>	Mod Gentle

**LEGEND:** Gentle – Gentle Exercises  
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