

## ACTIVITIES INCLUDE:

- Monthly bus outings.
- Chair exercises, with the use of weights
- Theme days.
- Word games, board games, and puzzles.
- Armchair travel.
- Cooking & craft
- Guest speakers

**People from all cultural & linguistic backgrounds are welcome. Translator services can be arranged.**



## BALWYN WELFARE ASSOCIATION



Other Services available at the centre for PAG clients include access to a

- Welfare Officer
- Podiatrist
- Carers' Support Group
- Seniors' Club
- Exercise & tai chi classes
- Weekly social bus trips around Melbourne
- Interest groups



## Active Living Groups\*



## Centre-based

**AT THE  
EVERGREEN  
CENTRE  
45 TALBOT  
AVE, BALWYN**

**TEL: 9836 9681**

Email: [mcs@balwynwelfare.org.au](mailto:mcs@balwynwelfare.org.au)  
Website: [www.evergreen.org.au](http://www.evergreen.org.au)

\*formerly Planned Activity Groups



## Evergreen Centre's Active Living Groups.

Active Living Groups (ALG), formerly Planned Activity Groups, are one of the programs provided by the Balwyn Welfare Association at the Evergreen Centre.

ALG's cater for the senior residents of Boroondara living in their own home\*, who may be socially isolated, or have been affected by illness, or have some memory loss and people of any age who have a disability.

The program caters to a variety of individual needs and encourages independence and socialisation.

Our Active Living Groups are for both men and women and are equally attended by men and women.



### Active Living Groups

Active Living Groups for those with higher needs are run on three days each week- Tuesday's Thursday's and Friday's. Thursday & Friday groups are centre-based with a monthly outing.



**Thursday & Fridays** from 10.00am to 3.00pm.

**Costs** are \$14.50 (for the program and a hot, three course meal), and an extra \$6.00 if transport is provided. #

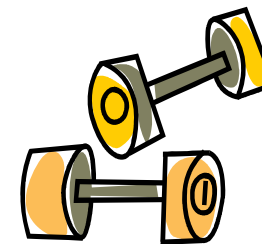
**Tuesday Travellers**, meets weekly and takes a group of older people on a short outing around Melbourne. Once a month they gather together in the centre to share a community lunch which the group members prepare together. From 12.30 to 3.30pm, but may vary. Cost#: \$6.00 + activity/food.

### **Transport**

Transport is provided within the areas of Balwyn, North Balwyn and some surrounding suburbs. Please contact us to see if you are eligible.

### AIMS OF THE PROGRAM

- Provide opportunities to meet people and make new friends.
- Maintain daily living skills.
- Mental stimulation.
- Maintain physical abilities
- Respite for carer's.
- Monitoring of client welfare.



### **ALP Coordinator:**

Brenda Dennis

**Manager, Community Services:** Gillian Roebuck

\* Homes may be owned, rented or some Supported Residential Services. In some cases clients may live with family members. If clients move to hostel or nursing home facilities they become ineligible for this program.

# Costs increase significantly if a Commonwealth Aged Care Package is accepted by a client. See Brenda Dennis or Gillian Roebuck for details.