

ACTIVITIES INCLUDE:

- Visit gardens.
- Learn about Melbourne's history
- Picnics & BBQ's.
- Great lunches at hotels, restaurants & cafes.
- Visit historic homesteads and museums
- Buy country produce

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



What to wear

Please wear comfortable and suitable footwear. We suggest you dress in comfortable, casual clothing, suitable for the weather of the day.

Client records

We are required to keep a record of your local doctor, emergency contact details, plus details of ongoing illnesses or medications. Please notify us of any changes with regard to these.

Privacy

Privacy is very important to us and any personal information collected is for the sole purpose of the Social Support Program. Our full privacy policy will be given to you before you commence.

BALWYN WELFARE ASSOCIATION



Other services available at the centre for those attending Active Living Groups include access to a

- Welfare Officer
- Podiatrist
- Carers' Support Group
- Tai Chi & exercise classes
- Seniors' Club



A C T I V E L I V I N G G R O U P S *



Weekly Bus Trips

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

TEL: 9836 9681

Email: mcs@balwynwelfare.org.au
Website: www.balwynwelfare.org.au

* Formerly called Planned Activity Groups



Evergreen Centre's Outing Groups.

Active Living Groups are one of the programs at the Evergreen Centre.

These groups cater for the senior residents of Boroondara living in their own home*, who may be socially isolated or have recently been affected by emotional stress, bereavement, or illness.

The program provides a wide variety of weekly excursions to places of interest around Melbourne. It caters to a variety of individual needs and encourages independence and socialization.



ACTIVE LIVING GROUPS

The program operates two days each week. Clients are able to attend one of these outings weekly as agreed with the Community Services Manager.

Tuesday Ramblers : 10.00 - 4.00 pm

Thursday Tourists: 10.15 - 3.00 pm

Balwyn Blokes (Thur):10.15 - 3.00 pm



Clients travel in the body of our 12 seater mini-buses. On Tuesday we take two buses and on Thursday, one bus for each group.

Clients are requested not to leave the group without informing a staff member. Unless previously arranged with a staff member, clients will be dropped off at the same location as their pick-up point.

Costs vary weekly according to the pre-arranged venue. A set bus fare of \$ 9-00 is charged plus the cost of lunch and any entry fees.# A quarterly program is distributed.

Joining a group

To join one of our Active Living Groups an informal assessment with the Community Services Manager is necessary. To make a time please phone the Evergreen Centre on 9836 9681



Trained and dedicated volunteers assist staff with the outings.

Active Living Programs

Coordinator: Brenda Dennis

Community Services

Manager: 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.