



WHAT'S ON

in Positive Ageing

MATHERS HOUSE

CRITERION HOUSE

SUMMER 2019 - 2020



The Positive Ageing Team, and the City of Hobart, wish all of you – customers, program users and centre hirers, volunteers, friends and your families, a safe and joyful Christmas and New Year. We look forward to a great 2020.

The new year is fast approaching as is some warmer weather. 2019 has been a busy year for the positive ageing program and team at Mathers House.

We have had lots of wonderful events and an increase in numbers of people attending. High points include the High Tea, with beautiful china loaned by many for the day; the Melbourne Cup had some beautiful Fashions on the Field; Scottish Dancing – while small in numbers brought a whole group of first timers into Mathers House. The Christmas in July long table lunch had rave reviews. Our program of regular activities has grown and continues to grow. It's really great to see so many of you turning up each week and forming friendships.

We have said goodbye to some volunteers and welcomed others. You'll see a lot of new faces in the café and coordinating programs.

What's not visible to you all, is the huge variety of community groups that use Mathers and Criterion House outside of hours. We have Tango, Salsa, Indian and Bollywood dance classes; a range of food related activities including the Kings Diner, Food not Bombs, Dining with Friends and Veg Out. There are also lots of one off hirers including Tas Pop Market, a fundraising fashion show, Indonesian community groups, football clubs, University students and lots of groups book us for meetings and training sessions, so it's a hive of activity when we're not here.

Thank you to Volunteers and Friends of Mathers House

Many of our programs and events are proudly supported by volunteers and organisations who strongly believe in inclusive, engaging and accessible opportunities for older community members.

We thank you for your ongoing commitment to Positive Ageing across our beautiful city, and thank you for your commitment to the program. Enjoy your well-earned break!

Opening Times over Christmas

Mathers/Criterion House will close for the **Christmas break**. Our last day open to the community in 2019 will be Thursday 19 December and we look forward to welcoming you all back on Thursday 2 January 2020.

Public Holiday closures

Australia Day: Monday 27 January

Royal Hobart Regatta: Monday 10 February

Café Service

Thursday 2 January – Friday 10 January

10 am – 2 pm Sandwiches and light snacks only

Monday 13 January – Friday 31 January

10 am – 2 pm Sandwiches and light snacks

12 noon – 1 pm Light lunch (salad, quiche etc)

Monday 3 February

Hot meals resume

Mathers House Office Hours

Monday – Friday, 9 am – 3 pm

Mathers House Café Hours

Monday – Friday, 10 am – 2 pm

Customer Service Satisfaction Survey

Thank you to so many of you for completing our survey. Well over 300 people participated.



92% of respondents were satisfied or very satisfied with the service offered by Council staff. We thank you for that wonderful response in a year when we have been short staffed on many occasions and have not had the same amount of time to spend with you as we would like.

95.5% were satisfied or very satisfied with the service provided by volunteers. That is really wonderful feedback for this great team.

94% were satisfied or very satisfied with the Positive Ageing program and 86% with the quality and variety of programs.

Some of the suggestions for new programs that we do not already run include: more health programs, over 60s dancing, cooking lessons, good nutrition and information on healthy meals, advice on medical problems, language classes, and financial advice. As you know our programs are run by volunteers so we will work on sourcing tutors for as many of the above as possible. You will see in the current program Martin is doing a talk on simple cooking tips and he is happy to do more.

There have also been a few requests to bring back the walks and bus outings. You will see we have one this season. We will try to be more consistent with the bus trips and have at least one per program. Also we will reintroduce the TSO presentations.

There were some requests for programs we already run, such as meditation, Tai Chi, Pilates, computer skills, exercising for old people, and craft sessions. If you are interested, dates and times are listed in this program.

There were also a few suggestions for classes that we have run but were not very well attended and so they were discontinued, such as yoga for older people and Bridge Club, so again if we get enough people interested we could try and reintroduce them.

Thank you so much for all the suggestions. We really appreciate your input.

Info Hub

Have you noticed the Info Hub in the foyer of Mathers House? Our wonderful volunteers are ready and able to help with your enquiries.

Are you constantly being told “Oh you can find/do that that on the internet”? Do you want to find out about free/cheap activities in Hobart?

Are you confused about how to fill in a form via the internet? Do you want to find out more about what you are entitled to? Do you want to book tickets to an event and find increasingly that only way to do that is online.

This is the place to come. Drop in 10 am – 1pm for help from one of our volunteer team in the front space!

EVENTS

Clothes and Gift Swap

Getting ready for Christmas and haven't got your new outfit yet or managed to find the perfect present? Do you have clothes in your wardrobe that are as good as new, but not your kind of thing? Do you have a selection of unwanted gifts that you know someone else might love? If the answer is yes to any of the above, come along to Criterion House and swap them.

All items need to be in excellent condition. You can bring as many items as you like, the more the merrier. You need to bring an item in order to be able to take an item.

When: Wednesday 11 December,
10.30 am – 2 pm

Where: Nell Pascoe Room, Criterion House

Cost: FREE

BOOKINGS: Please let us know if you are coming.



Christmas Long Table Luncheon

Join us to celebrate the festive season with community friends over a long table lunch. Three courses of Christmas delights will be served. Albert will be here to serenade you in his usual inimitable style. Festive costume dress is encouraged to get you all into the Christmas spirit.

When: Thursday 12 December,
12 noon – 2 pm

Where: Dining Room, Mathers House

Cost: \$25 paid prior to the event

BOOKINGS ESSENTIAL: Please confirm numbers by Monday 9 December.

Christmas Carols

Join the Multicultural Women's Council of Tasmania for Christmas Carols.

When: Saturday 21 December,
3 pm – 6 pm

Where: Forecourt and Dining Room,
Mathers House

Cost: FREE

BOOKINGS: by text to Sajini on 0472 670 765 or email: carols2019@yahoo.com



Growing Wilder at Long Beach

The City of Hobart's Bush Adventures and Positive Ageing Team will once again provide a charming day out, this time at Long Beach, Sandy Bay. Enjoy morning tea, a gentle guided walk, a game of Bocce, then sit back and enjoy a little music and a social barbecue lunch.

Bus departs Mathers House at 10 am and returns by 2 pm.

When: Friday 31 January

Bring: Weather appropriate clothes and comfortable walking shoes

Walk grade: Very easy

Meet: Dining Room, Mathers House (Hobart) 9.45 am OR Long Beach, Sandy Bay (end of Long Point Road), 10.30 am

Cost: \$15 (includes bus, morning tea and BBQ style lunch)

BOOKINGS and PAYMENT required by Friday 24 January.

Simple Cooking Tips

Join Martin Modinger (retired chef) and get some simple seasonal cooking tips which will include vegetables that you can grow in your garden or purchase easily in Hobart.

Martin takes a light hearted approach to food so it's sure to be a fun and engaging hour and you'll get all your questions answered.

Don't forget you can stay and have a hot meal between 12 pm and 1 pm in our café at very reasonable prices. Tuesday is traditionally "roast" day.

When: Tuesday 4 February
11 am – 12 noon

Where: Lower Level, Mathers House

Cost: Free

BOOKINGS REQUIRED



A Saxophone Guided Tour of American Music with David Boyle

Come along and hear David (of "BeyondSax") discuss the development of North American music from 1850 to the 1950s. Over the course of about an hour, David will explain what is distinctive about each genre and then play an exemplary tune on a variety of saxes (soprano, alto, tenor, baritone). Content is 80% music and 20% talking. Many of the tunes are amenable to dancing – people are welcome to get up and dance to some of the tunes!

When: Friday 7 February, 1.30 pm – 3 pm

Where: Dining Room, Mathers House

Cost: Free

BOOKINGS REQUIRED

Lunchtime Theatre

Jane Longhurst with Blue Cow presents *Happy Days* by Samuel Beckett, directed by Robert Jarman. This project is supported by the City of Hobart and assisted through Arts Tasmania by the Minister for the Arts.

Where and when:

Criterion Lane

Wednesday 19 February, 1 pm – 1.40 pm

Forecourt, Mathers House

Friday 21 February, 1 pm – 1.40 pm

Cost: FREE

NO BOOKINGS REQUIRED

Hobart's Hidden History: The Lifblood of the City (Hobart Rivulet Walk)

Hobart wouldn't be here without the Hobart Rivulet. Follow the course of the Rivulet and discover the role the Rivulet has played through time. Please bring a daypack with water, warm and waterproof clothing, sun protection and sturdy footwear.

When: Friday 21 February, 10.30 am – 12 noon

Where: Meet at the Franklin Square fountain

Cost: \$10 per person (includes morning tea)

BOOKINGS ESSENTIAL DUE TO LIMITED NUMBERS



'Come along for Tantalising Trivia with Quiz Master 'Quiz Quiztofferson''

If you've been before you will know the questions will be entertaining and that it's your life experience that will help with the answers, rather than any academic achievements. Refreshments will be provided. Prizes will be the pride of winning!

Why not have lunch in our café beforehand. Very reasonable prices.

When: Friday 21 February, 1.30 pm – 3 pm

Where: Dining Room, Mathers House

Cost: FREE

BOOKINGS WELCOME

Insights into Dementia by Professor James Vickers

Dementia is arguably *the* public health issue of the 21st Century. Ageing is the biggest risk factor in developing dementia and Tasmania's population is ageing.

Join Professor James Vickers to hear more. He is the Director of the Wicking Dementia Research and Education Centre. His research interests include neurodegenerative disease (particularly Alzheimer's disease), traumatic brain injury, structural brain plasticity, dementia risk reduction and health services for dementia.

When: Friday 28 February (directly following School for Seniors) 11.30 am – 12.30 pm

Where: Nell Pascoe Room, Criterion House

Cost: Free

BOOKINGS ESSENTIAL

NEW PROGRAMS

Chess

Following the expression of interest in playing/teaching chess in our last newsletter, we have a tutor but he is only available over December and January.

Come along and learn to play chess with Jonathan Eizalde, who is a qualified Chess teacher. Hopefully by February you will be ready to branch out on your own.

If you can already play, come along at the same time and have a friendly game.

When: Classes – Tuesdays 3 & 10 December and Tuesdays 7, 14, 21, & 28 January, 1 pm – 3 pm

Chess Club – for experienced players Tuesdays 3 & 10 December and 7, 14, 21, & 28 January plus every Tuesday in February, 1 pm – 3 pm

Where: Dining Room, Mathers House

Cost: FREE

BOOKINGS ESSENTIAL (Let us know if you are a learner or experienced)

Mah Jong for Beginners Class

Are you keen to join our regular Mah Jong get together but don't know how to play? Now there's an opportunity to have 4 classes with Anne. Anne will be following the method outlined in "The Game of Mah Jong" by Patricia A Thompson and Betty Maloney. Anne has a very relaxed friendly manner, so we are sure you will be up to speed by the end of the course. Once you are comfortable, you are welcome to join the regular Monday session from 10 am – 11.30 am.

When: Tuesdays 7, 14, 21, 28 January, 10 am – 11.30 am

Where: Lower Level, Mathers House

Cost: \$5 for the 4 week course

BOOKINGS ESSENTIAL DUE TO LIMITED NUMBERS

REGULAR EVENTS

MONDAY	<p>By appointment</p> <p>10 am – 11.30 am</p> <p>10.30 am – 11.30 am</p> <p>11 am – 1 pm</p> <p>1 pm – 1.45 pm</p> <p>1 pm – 3 pm</p>	<p>Computer Learning</p> <p>Craft Classes – Rope & Rafia Baskets/Bag Making (3, 17, 24 February)</p> <p>Zumba Gold (weekly from 3 February)</p> <p>Craft Corner (weekly from 3 February)</p> <p>Strength, Flexibility & Balance (weekly from 3 February)</p> <p>Mah Jong (weekly from 13 January)</p>
TUESDAY	<p>By appointment</p> <p>9.45 am – 11.45 am</p> <p>10 am – 11.30 am</p> <p>11 am – 11.30 am</p> <p>1 pm – 1.45 pm</p> <p>1 pm – 3 pm</p> <p>1 pm – 3 pm</p>	<p>Computer Learning</p> <p>Ukulele (weekly from 11 February)</p> <p>Mah Jong classes for beginners (7 – 28 January)</p> <p>Laughter Yoga (monthly 28 January, 25 February)</p> <p>Hips, Spine and Shoulders – Feldenkrais (4 February – 10 March)</p> <p>Chess Class for beginners (Tues 3 & 10 December, every Tues in January)</p> <p>Chess Club for experienced players (Tues 3 & 10 December, every Tues in January & February)</p>
WEDNESDAY	<p>1 pm – 3 pm</p>	<p>Scrabble (weekly from 15 January)</p>
THURSDAY	<p>9.45 am – 10.45 am</p> <p>9.45 am – 10.45 am</p> <p>11 am – 12 noon</p> <p>11 am – 1 pm</p> <p>11.15 am – 12.15 pm</p> <p>12.30 pm – 1 pm</p> <p>1 pm – 3.30 pm</p>	<p>Chord Piano (fully booked)</p> <p>Tai Chi (weekly from 30 January)</p> <p>Broadway Boogie (weekly from 13 February)</p> <p>Community Health Nurse (weekly from 23 January)</p> <p>Pilates for Older Adults (weekly from 9 January)</p> <p>Serenity in the City: Meditation (weekly from 16 January)</p> <p>Art Class (fully booked)</p>
FRIDAY	<p>By appointment</p> <p>10 am – 12 noon</p> <p>10 am – 12 noon</p> <p>1 pm</p> <p>1.15 pm – 2.15 pm</p> <p>1.15 pm – 2.15 pm</p>	<p>Computer Learning</p> <p>Midcity School for Seniors (7 February – 3 April)</p> <p>IT Learning Club (fortnightly starting 24 January)</p> <p>Book Club (first Friday of month) (fully booked)</p> <p>Art Appreciation (second Friday of the month, starting 14 February)</p> <p>Contemporary Issues Discussion Group (third Friday of the month, starting 21 February)</p>

SPECIAL EVENTS

DECEMBER 2019	Wednesday 11	Clothes and Gift Swap (10.30 am – 2 pm)
	Thursday 12	Christmas Long Table Luncheon (12 noon – 2 pm)
	Saturday 21	Christmas Carols (3 pm – 6 pm)
JANUARY 2020	Friday 31	Growing Wilder at Long Beach (9.45 am – 2 pm)
FEBRUARY 2020	Tuesday 4	Simple Cooking Tips (11 am – 12 noon)
	Friday 7	Saxophone Guided Tour of American Music (1.30 pm – 3 pm)
	Wednesday 19	Samuel Beckett's Happy Days (Criterion Lane) (1 pm – 1.40 pm)
	Friday 21	Hobart's Hidden History: The Lifeblood of the City (Hobart Rivulet Walk) (10.30 am – 12 noon)
	Friday 21	Samuel Beckett's Happy Days (Forecourt) (1 pm – 1.40 pm)
	Friday 21	Trivia Quiz (1.30 pm – 3 pm)
	Friday 28	Insights into Dementia by Professor James Vickers (11.30 am – 12.30 pm)

NEW PROGRAMS (cont)

Laughter Yoga



What is laughter yoga?

Lois will lead you through a series of gentle movements and scenarios that stimulate your breathing. This “self-induced laughter” tricks your body into producing more of the “feel good” chemicals called endorphins that improve your mood. Laughter Yoga is not about listening to jokes, or adopting any typical “yoga poses” or stretches.

Scientific studies have shown that laughter yoga and the improved blood circulation it brings have a number of other long term health benefits.

If you would like to give it a try just come along.

When: Tuesday 28 January & 25 February
11 am – 11.30 am

Where: Nell Pascoe Room, Criterion House

Cost: Free

NO BOOKINGS REQUIRED

Art Appreciation

We have had a number of people interested in an art appreciation class so we are trialling one in a format that depends on you.

If you are interested in sharing your love of a particular artist or movement this is the place for you. Give us a ring and tell us who you would like to talk about. We can arrange help for you to learn how to do a slide show if you would like, or you can just bring some printed images. If you are just interested in attending but not keen to present, you are still welcome to come, as long as we get some volunteer presenters.

When: Second Friday of the month, from
Friday 14 February, 1.15 pm – 2.15 pm

Where: Lower Level, Mathers House

Cost: \$2

BOOKINGS ESSENTIAL (Please let us know when booking if you will present or just want to listen)

ONGOING PROGRAMS

Computer Learning at Mathers House

Mathers House offers one-to-one computer tuition for near or complete beginners focusing on building confidence in dealing with computers, tablets or smart phones. These lessons are perfect for those who need to learn at their own pace.

When: Mondays, Tuesdays and Fridays
by appointment

Where: Computer Room, Mathers House

Cost: FREE

BOOKINGS ESSENTIAL

Pilates for Older Adults

Hiroko is a qualified Fitness Instructor experienced in assisting people of all ages and fitness levels. These sessions are suitable for open level and beginners. Please note that this is floor work on a yoga mat. Pilates is great to strengthen your core muscles, increase your flexibility and improve your balance. Many of Hiroko’s clients say that they have improved their posture, decreased lower back pain and feel better overall.

When: Thursdays from 9 January,
11.15 am – 12.15 pm

(Last class for 2019 is 19 December)

Where: Lower Level, Mathers House

Cost: \$5 (payable on the day)

NO BOOKINGS REQUIRED



Mah Jong

Mah Jong Monday is a fun, friendly and non-competitive afternoon. It's a tile-based game that originated in China. The group at Mathers House play Western style following the 'The Mah Jong Player's Companion'.

Please see separate listing under new programs if you have never played before and would like to learn.

When: Mondays from 13 January, 1 pm – 3 pm
(Last session for 2019 is 16 December)

Where: Dining Room, Mathers House

Cost: FREE

BOOKINGS ESSENTIAL

Scrabble with Friends

Join us for a friendly game of scrabble. You are also welcome to join the group for a social lunch beforehand from 12 noon. New players are always welcome.



When: Wednesdays from 15 January,
1 pm – 3 pm

(Last class for 2019 is 18 December)

Where: Dining Room, Mathers House

Cost: FREE for scrabble (lunch at own cost)

NO BOOKINGS REQUIRED

Serenity in the City

Take time out and give yourself the gift of peace and serenity with 30 minutes of a simple guided meditation. Drop in sessions, new people always welcome. Come whenever you feel you need to.

When: Thursdays, 12.30 pm – 1 pm

Not running in December but recommences on Thursday 16 January.

Where: Lower Level, Mathers House

Cost: FREE

NO BOOKINGS REQUIRED

Community Health Nurse Check & Chat

Drop in and have a chat. Your blood pressure, blood sugar and cholesterol can be checked or just enquire about health issues.

All discussions are private and strictly confidential.

When: Thursdays from 23 January,
11 am – 1 pm

(Last date for 2019 is 19 December)

Where: Computer Room, Mathers House

Cost: FREE

NO BOOKINGS REQUIRED

Information Technology (IT) Learning Club

Devices, data and digital rights; emails, emoney and etickets; wisdom and websites; online banking, online money, online shopping and online security; passwords, photos and privacy – these are just some of the topics that were covered in the Positive Ageing IT Learning Club in 2019. We meet fortnightly on Fridays and learn from each other and from lots of different people and places.

Sign up for the 2020 IT Learning Club – Summer/Autumn group, 10 meetings from 24 January to 29 May.

Sessions start with group questions and discussion, followed by morning tea, and then helping each other out with individual IT problems, issues or frustrations (or just more chatting). New members are invited. Previous and current members are welcome.

When: Summer group fortnightly from
Friday 24 January, 10 am – 12 noon
(concludes 29 May)

Where: Lower Level, Mathers House

Cost: FREE (morning tea included)

Enquiries and bookings to Mathers House on 6234 1441 or to Rosa on 0418 649 024.

Tai Chi with Edna

Sessions are held every Thursday morning in Criterion House. Please come along, chat with the instructor Edna and try the beautiful movement of Tai Chi on the day.

When: Thursdays from 30 January,
9.45 am – 10.45 am

(Last class for 2019 is 19 December)

Where: Nell Pascoe Room, Criterion House

Cost: \$2 (payable on the day)

NO BOOKINGS REQUIRED



Rope and Raffia Baskets and Bag Making with Cathy

Come along and discover how to make easy baskets and bags.

Great for gifts or keeping things tidy at home.

Cathy is sourcing some wax so you can make wax wraps in our Autumn program.

When: Mondays 3, 17, 24 February,
10 am – 11.30 am

Where: Lower Level, Mathers House

Cost: \$6 for 3 classes payable on booking

BOOKINGS ESSENTIAL

Zumba Gold with Ash

A great fun way to exercise, get fit and participate in a program to suit everyone. Come along and try our Zumba rhythms for fitness and fun.



When: Mondays from 3 February,
10.30 am – 11.30 am

(Last class for 2019 is Monday 16 December)

Where: Nell Pascoe Room, Criterion House

Cost: \$5 (payable on the day)

NO BOOKINGS REQUIRED

Craft Corner

Enjoy the company of other crafters while working on your craft project. Drop in for a chat and share different patterns and ideas in the comfort of the Mathers House Café.

Everyone is welcome – no skills required.

When: Mondays from 3 February,
11 am – 1 pm

(Last session for 2019 is 9 December)

Where: Dining Room, Mathers House

Cost: FREE

NO BOOKINGS REQUIRED

Strength, Flexibility and Balance

Art Healey, a qualified personal trainer, presents one of the programs he found to be very popular and effective in building strength and improving balance.

When: Mondays from 3 February, 1 pm – 1.45 pm

(Last class for 2019 is 16 December)

Where: Nell Pascoe Room, Criterion House

Cost: \$2 (payable on the day)

NO BOOKINGS REQUIRED

Hips, Spine and Shoulders Alive

Immerse yourself in gentle Feldenkrais lessons on a chair, designed to give you more ease and movement range in your shoulders, hips and spine. Nicole Harstead is a movement educator with 20 years of experience and loves helping people find joy in their movement. Nicole is a Certified Feldenkrais practitioner and has a Graduate Diploma in Movement and Dance.

When: Tuesdays from 4 February to 10 March, 1 pm – 1.45 pm

Where: Lower Level, Mathers House

Cost: \$5 (payable on the day)

BOOKINGS ESSENTIAL – LIMITED NUMBERS

Midcity School for Seniors

This popular speaker's program welcomes ongoing and new members. **Enrolments for 2020 will commence from Monday, 3 February.**

Those enrolled in 2019 are encouraged to re-enrol via phone to Fiona on **6234 1441** and finalise payment at the first class on 7 February. New enrolment enquiries can be made via phone with registration finalised at a later date.

When: Fridays, 10 am – 12 noon
Term 1: 7 February – 3 April

Where: Nell Pascoe Room, Criterion House

Cost: \$30 annual fee + \$2 for morning tea

BOOKINGS ESSENTIAL on 6234 1441

The Ukulele Experience

Explore the fun world of Ukulele with Peter and learn the basics in playing and singing.

These casual sessions are sure to bring lots of laughter.

When: Tuesdays from 11 February, 9.45 am – 11.45 am

(Last class for 2019 is 3 December)

Where: Lower Level, Mathers House

Cost: \$5 (payable on the day)

BOOKINGS ESSENTIAL



Broadway Boogie with Ash

Broadway Boogie is a low impact musical theatre style movement class with no singing involved. Just turn up to enjoy the fun.

When: Thursdays from 13 February, 11 am – 12 noon

(Last class for 2019 is Thursday 19 December)

Where: Nell Pascoe Room, Criterion House

Cost: \$5 (payable on the day)

NO BOOKINGS REQUIRED

Contemporary Issues Discussion Group

The group is self-run and decides what topics to discuss on the day so there is a chance to respond to very recent events. To make it fair everyone has the chance to pop their suggestion in a hat and two topics will be drawn out for discussion.

When: Third Friday of the month, from Friday 21 February, 1.15 pm – 2.15 pm

Where: Mathers House, Lower Level or Nell Pascoe Room, Criterion House

Cost: Gold coin donation

NO BOOKINGS REQUIRED

Recycled Musos!!



Music Jam: Last Saturday of the month

Please note that this group is taking a break over summer.

OTHER NEWS

DID YOU KNOW?



Aged Care Know-How for LGBTI Folks

Are you lesbian, gay, bisexual, transgender or intersex (LGBTI), or do you support someone who is?

Do you need information about your options for aged care services at home or residential aged care?

Do you support an older LGBTI person who might need aged care services?

If you answered yes to any of these questions, please contact Liv at Working It Out (WIO) to:

- Receive LGBTI specific information and support from a WIO staff member or peer support volunteer (by phone or in person);
- Ask about attending or organising a group information session on the aged care system and how it works; and
- Get user-friendly resources (printed and online) to help you find out how to get the support you need.

Call Liv at Working It Out on 03 6231 1200 or email info@workingitout.org.au

Interested in learning a language?

The library service has a whole range of language tutorials available free online.

Check them out at libraries.tas.gov.au – Click on eLibrary then eLanguages. You do need to be a library member. Our Info Hub volunteers can show you how to get started if you need help.

Pensioner Concession Parking Vouchers

Council offers a book of parking vouchers to eligible pension card holders. The coupons last for one year and give you four hours of free parking in any of Council's multi-storey car parks on any one day per week. After the four free hours, normal rates apply.

To be eligible you must:

- be the registered operator of a motor vehicle (ie. it must be registered in your name)
- receive an Australian Government pension, such as war widow, age, disability, single parent.

Documents that prove your eligibility must be shown each year at the Hobart Council Centre, 16 Elizabeth Street, Hobart.

For more information on eligibility or conditions please phone 03 6238 2711 or email coh@hobartcity.com.au

For Mathers House or Positive Ageing program enquiries, or to register for the What's On newsletter, which includes full details of upcoming events, please contact Mathers House on 6234 1441 or email mathersplace@hobartcity.com.au

Times and venues are correct at the time of printing but subject to change.