

## WHAT'S ON

in Positive Ageing



### AUTUMN 2019

We hope you've all had a great Summer, though we acknowledge that the extreme weather may have been difficult for many and that the bush fires were especially challenging for our community.

Many of you will have heard that we have bid farewell to Claire, who's moved on to take up a new position. We wish her all the best for the future. We are in the process of recruiting so keep an eye out for a new face coming your way soon, and please make them welcome.

We had a fun filled Summer program, with many highlights including a BBQ on the Domain which was enjoyed by all. Our Info Hub is up and running with some great volunteers making themselves available to help you do things online. Help has been provided including shopping online, signing up for My Aged Care, finding some free activities, and downloading some song lyrics and music – so anything goes. Come in and find out more for yourselves.

Our range and diversity of classes still grows, to keep you all interested and engaged. Don't forget we love suggestions and are always willing to try and organise activities that you would like to see.

Our kitchen menu is now available two weeks in advance so that you can plan ahead. We have bid farewell to Ken and Heather our regular Monday chefs and wish them all the best. Our new Monday chef has taken up the challenge and will be preparing a variety of dishes, and keeping the menu diverse and interesting. Our Friday menu has been revamped and will now include a range of dishes from chicken schnitzels to roasts. So if you haven't been in for a while, come and join us again.

Also watch out for Harmony Week which runs from 15 – 21 March, when we will be serving a dish from a different country every day, and having a multicultural music, food and wine event. We hope to see you here!

#### Public Holiday Closures

Mathers House will close on:

Eight Hour Day: Monday 11 March 2019

Easter break: Friday 19 April – Friday 3 May 2019 inclusive.

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For more information on the programs, or to register for the What's On newsletter, which includes full details of upcoming events, please contact Mathers House on **6234 1441**.

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# NEW PROGRAMS



## Recycled Musos!!

### Music Jam: Last Saturday of the month

Come along to this amazing new venture.

Have you been playing music in your garage, or haven't played at all for years? Come and join our "Recycled Musos" jam and re-ignite your passion.

All you need bring is your instrument (no amplifiers) or voice and an easy to read lyrics and chord chart (maximum 2 pages) along with a few copies. (If a vocalist, bring charts with the key in which you sing).

We are hoping to have a drum kit on site. If you know of one looking for a new home please contact Mathers House. We are also looking for a few volunteers with a positive 'can do' attitude to help out on the day.

**When:** Last Saturday of the month, 1 pm – 4 pm

**Where:** Upper Level, Mathers House

**Cost:** Gold coin

**NO BOOKINGS REQUIRED**

## Serenity in the City of Hobart

Take time out and give yourself the gift of peace and serenity with 30 minutes of a simple guided meditation.

**When:** Thursdays starting 7 March,  
12.30 pm – 1.00 pm

**Where:** Lower Level, Mathers House

**Cost:** Free

**NO BOOKINGS REQUIRED**

## Contemporary Issues Discussion Group

There's been a demand for a contemporary issues discussion group, so we're trialling one in this program. The group will decide what topics to discuss on the day so there is a chance to respond to very recent happenings. 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:** Mondays 18 March, 15 April, 13 May,  
10.30 am – 11.30 am

**Where:** Lower Level, Mathers House

**Cost:** Gold coin donation

**BOOKINGS ESSENTIAL**

## Taking Better Digital Photographs

...with Richard Davoren

This six week course will be largely visual, using AV equipment to demonstrate examples, techniques and the like (after all it is a photography course). Time will be available for discussion and questions. Please bring your own camera.

Topics covered will include:

- The fundamentals of photography
- Common mistakes
- Controlling light into your camera
- Working with colour
- Taking prize winning photographs
- The camera and the computer: PaintShop Pro

**When:** Wednesdays 3, 10, 17 April and  
15, 22, 29 May, 11 am – 12 noon

**Where:** Lower Level, Mathers House

**Cost:** \$5 (payable on the day)

**BOOKING ESSENTIAL** as limited number of spaces available. Course will move from topic to topic depending on people's progress.

## Getting up, getting down with Nicole Harstead

Explore easier ways to move between lying, sitting and standing. These Feldenkrais lessons include small do-able steps that will encourage more comfort in your daily movement transitions.

Nicole Harstead has been teaching movement and dance in Hobart for many years and has more recently become a Feldenkrais Practitioner. She loves helping people find an increased freedom and pleasure in their movement.

**When:** Tuesdays from 12 March – 16 April, 1 pm – 1.45 pm

**Where:** Lower Level, Mathers House

**Cost:** \$5 (payable on the day)

### BOOKINGS ESSENTIAL

Please also see our ongoing programs as Joanna de Burgh will be holding a second six week course (Beginners Balance and Stability) from 14 May to 18 June.

## EVENTS

### Eyes as big as plates: Salamanca Arts Exhibition

A photographic celebration of everyday elderly people transformed into timeless, mythical beings. In a sweeping series of large scale images, solitary figures appear cloaked in sculptures of organic materials, blending into unknown landscapes. Scandinavian sorcerers Ikonen and Hjorth fuse folklore and photography to ask giant questions about ageing and our relationship to nature. Join Maureen and John, two of our Hobart Older People's Advisory Group to view the exhibition.

**When:** Tuesday 12 March, 11 am

**Where:** Long Gallery, Salamanca Arts Centre.

Meet at the entrance which is upstairs. If you don't know John and Maureen, Maureen will be wearing an orange scarf!!

**Cost:** Free

**BOOKINGS ESSENTIAL**, so Maureen and John know who to look out for.

### Free screening for atrial fibrillation

Tasmanians aged 65 years and older will benefit from the University of Tasmania's *What's Your Beat?* project, delivering free screening for Atrial Fibrillation (AF) across the state.

AF is a heart condition, causing fast and irregular heartbeat. It is associated with a five times increased risk of stroke and is responsible for up to 25% of strokes in older adults. Approximately 250 strokes a year in Tasmania are due to AF.

AF in the elderly tends to have no symptoms and is often undiagnosed by the time stroke occurs.

**When:** Tuesday 5 March, 9 am – 5 pm

**Where:** Forecourt, Mathers House

**Cost:** Free



### In Search of Safety: Asylum seekers journey

As part of Harmony Week come along to an informative forum, presented by the Red Cross. The session will include thought-provoking discussions, engaging group activities and enlightening real-life stories told by guest speakers. Participants can expect to gain a greater understanding of the lives, motivations and circumstances of asylum seekers. Join us to become more informed and help to create a welcoming and inclusive community for everyone.

**When:** Wednesday 20 March, 10 am – 12 noon

**Where:** Nell Pascoe Room, Criterion House

**Cost:** Free

**NO BOOKINGS REQUIRED**

## Harmonious Hobart Music, wine and food event and photo gathering

Join us for a wonderful afternoon of Irish and Chinese entertainment.

Harmonious Hobart is a positive messaging campaign that is designed to showcase Greater Hobart as a welcoming and inclusive place to live, learn, work and play plus providing an opportunity to celebrate the many benefits that a rich culturally diverse community brings to city life.

The positive messaging will be in photographic form, with people invited to write a celebrative message of diversity on a piece of paper and share a photo of themselves holding that message. There will be a photo booth onsite staffed by Harmonious Hobart volunteers. If you can't make it and still want to be involved you can take your photo at home and email it to [harmonioushobart@hobartcity.com.au](mailto:harmonioushobart@hobartcity.com.au). All photos will be uploaded to [harmonytasmania.com](http://harmonytasmania.com). Our Info Hub volunteers may also assist if required.

**When:** Wednesday 20 March, 11 am – 4 pm

**Note:** music, wine and food event is from 2 pm – 3.30 pm

**Where:** Upper Level, Mathers House and Info Hub

**Cost:** \$5 for music, wine and food event

### BOOKINGS ESSENTIAL FOR MUSIC, WINE & FOOD EVENT ONLY

## Seasonal Quiz

Our Autumn quiz with 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 of biscuits and self-serve tea/coffee. Prizes will be the pride of winning!

**When:** Tuesday 2 April, 10.30 am – 12 noon

**Where:** Nell Pascoe Room, Criterion House

**Cost:** FREE

### BOOKINGS ESSENTIAL



## Aged Care Know How: A free and friendly community service

Do you need information about ageing independently at home? Do you care for an older person who needs help at home? Do you have trouble finding the information you need about aged care at home? Attend a group presentation to get an introduction to the aged care system and how it works.

Morning tea provided.

**When:** Wednesday 3 April, 10 am

**Where:** Nell Pascoe Room, Criterion House

**Cost:** Free

There will be extra one on one sessions taking place in our Info Hub for a more personalised service. Enquire at Mathers House.

## Wine Savoury and Song



Come along and enjoy the Breed who will entertain you with a selection of 60s numbers. You're welcome to get up and dance, sing along or just sit and relax and enjoy the music.

Refreshments will be served.

**When:** Wednesday 10 April, 2 pm – 3.30 pm

**Where:** Mathers House Dining Room

**Cost:** \$5 covers entertainment and refreshments

### BOOKINGS ESSENTIAL

## “Looking good, feeling great, keeping your insides healthy”

A fun and informative talk by nurse Clair George about bladder and bowel health. Includes information about types of exercises, best food and drinks. Come along and hear what Clair has to say and share her wisdom with your friends.

**When:** Wednesday 8 May, 11 am – 12 noon

**Where:** Lower Level, Mathers House

**Cost:** FREE

### BOOKINGS PREFERRED BUT NOT ESSENTIAL

## The Internet and You with Richard Whitaker

Do you have problems understanding what people are talking about when they are discussing the internet or the World Wide Web? Do you know which browser you use, and when you might use Bing, Ask or Google search engines? What does your ISP do for you? Anyway, who is my ISP or what is it and why do I need the NBN?

To provide some understanding of how the internet works for you, Mathers House is putting on a short talk followed by a questions and answer time, and morning tea. The session will be led by our resident IT tutor, Richard Whitaker, who has had more than 40 years' experience in the computer industry and is now old enough to go as slowly as everyone else.

So, if you want to know more and have lots of questions, come along to the session.

**When:** Tuesday 7 May, 10 am – 11 am

**Where:** Nell Pascoe Room, Criterion House

**Cost:** FREE

**BOOKINGS ESSENTIAL**

## Growing Wilder at Acanthe Park

The City of Hobart's Bush Adventures and Positive Ageing Team will once again provide a charming day out. Enjoy a visit to Lady Franklin Gallery followed by morning tea then a gentle guided walk and finally sit back and enjoy a picnic lunch.

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

**Bring:** Weather appropriate clothes and sturdy shoes

**Walk grade:** Very easy

**Meet:** Mathers House Dining Room, Hobart at 9.45 am OR Acanthe Park at 10.30 am

**When:** Wednesday 29 May, 10 am – 2 pm

**Cost:** \$20 (includes bus, morning tea & lunch)

**To ensure a place you must have booked and paid for your trip by 5 pm Wednesday 22 May. Sorry no exceptions as we have to confirm the bus and order food.**

**BOOKINGS AND ADVANCE PAYMENT ESSENTIAL**

# 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:** Weekdays by appointment

**Where:** Mathers House Computer Room

**Cost:** FREE

**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, 10.30 am – 11.30 am

**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 Cafe.

Everyone is welcome – no skills required.

**When:** Mondays from 11 am

**Where:** Mathers House Dining Room

**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, 1 pm – 1.45 pm

**Where:** Nell Pascoe Room, Criterion House

**Cost:** \$2 (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 'Mah-Jong Players Companion'. Basic knowledge of the game is required.

**When:** Mondays, 1 pm – 3 pm

**Where:** Upper Level, Mathers House

**Cost:** FREE

**BOOKINGS ESSENTIAL**

## Let's get creative

Come along and be inspired at our craft morning – seek advice relating to various fun craft projects. This session will be responsive to your needs. There will be some surprising crafts and guest crafters. Sessions may include using recycled material (art from trash), felt making and card making. Suggestions welcome.

**When:** Every second Tuesday of the month, 10 am to 12 noon

**Where:** Upper Level, Mathers House

**Cost:** Gold coin donation (payable on the day)

**NO BOOKINGS REQUIRED**

## 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, 9.45 am – 11.45 am

**Where:** Lower Level, Mathers House

**Cost:** \$5 (payable on the day)

**BOOKINGS ESSENTIAL**

## Info Hub

The Council is keen to hear what you have to say. This is an opportunity for you to talk to our community engagement advisors and to find out what projects are happening in and around the City at the moment. You can find out how to get involved or how to easily have your voice heard. Be informed and find out about projects such as parks and local area improvements, and projects planned to enhance your local area.

**When:** Tuesdays 12 March, 9 April and 14 May, 11.30 am – 1 pm

**Where:** Info Hub, Mathers House

**Cost:** Free

## Beginners Balance and Stability

Would you like some ideas for improving your balance and stability, flexibility and co-ordination, and learning how you can do resistance (strength) exercises in the comfort of your own home? Join Joanna and bring your questions and your sense of adventure. The movements are small and slow and done at your own pace.

Your presenter, Joanna de Burgh is passionate about health, and about staying active and engaged with the community. She is a Feldenkrais (method for movement, sensation, posture and breathing) Practitioner and retired GP.

**When:** Six week course from Tuesday 14 May to Tuesday 18 June, 1 pm – 1.45 pm

**Where:** Lower Level, Mathers House

**Cost:** \$5 (payable on the day)

**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, 1 pm – 3 pm

**Where:** Mathers House Dining Room

**Cost:** FREE for scrabble (lunch at own cost)

**NO BOOKINGS REQUIRED**

### T'ai 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 T'ai Chi on the day.

**When:** Thursdays, 9.45 am – 10.45 am

**Where:** Nell Pascoe Room, Criterion House

**Cost:** \$2 (payable on the day)

**NO BOOKINGS REQUIRED**

### Sing-along with Jim

Come along and sing popular songs with a friendly group of music lovers. Jim Beresford is an experienced musician and entertainer. These drop in sing-along sessions are a lot of fun.

**When:** Thursdays, 10 am – 11 am

**Where:** Lower Level, Mathers House

**Cost:** \$3 (payable on the day)

**NO BOOKINGS REQUIRED**

### 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, 11 am – 12 noon

**Where:** Nell Pascoe Room, Criterion House

**Cost:** \$5 (payable on the day)

**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, 11 am – 1 pm

(Please call on **6234 1441** for start date in 2019)

**Where:** Mathers House Computer Room

**Cost:** FREE

**NO BOOKINGS REQUIRED**

### Midcity School for Seniors 2019

This popular speaker's program welcomes ongoing and new members. New enrolment enquiries can be made via telephone or in person.

**When:** Fridays, 10 am – 12 noon

**Term 1:** 1 February – 12 April

(No classes on 19 April or 26 April)

**Term 2:** 3 May – 5 July

(No classes on 12 July or 19 July)

**Where:** Nell Pascoe Room, Criterion House

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

**BOOKINGS ESSENTIAL on 6234 1441**

## 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 are covered in the Positive Ageing IT Learning Club. We meet fortnightly on Fridays and learn from each other and from lots of different people and places.

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:** Fortnightly on Fridays from 8 March  
10 am – 12 noon

**Where:** Lower Level, Mathers House

**Cost:** FREE (morning tea provided)

**ENQUIRIES AND BOOKINGS to  
Mathers House on 6234 1441 or to  
Rosa on 0418 649 024**

## OTHER NEWS

### School for Seniors needs volunteers

Volunteers needed specifically to assist with sourcing speakers for the program. If you like organising activities and have lots of contacts, this is the volunteering opportunity for you. Volunteers also needed to help out on Fridays by introducing speakers, setting up the room, helping serve morning tea etc. Contact Mathers House for more details.



**Do you often feel like going to a movie, the theatre, out to dinner or taking a day trip but miss out because you don't want to go alone?**

Well Mathers House is now offering you an opportunity to connect with others who might like to join you.

How will it work? Give us a call or drop in and see us. Tell us what you want to go to and how you'd like to be contacted. We will put up a notice saying what it is you want to go to and ask if anyone else is interested. If there is interest, we will put you in touch and you take it from there. If it is something that is on during our opening hours, it would be good to meet here for a coffee and a chat beforehand. Personal information will not be shared without your consent.

### We want you!

Are you really knowledgeable about something? Anything? Everything? With such a wealth of knowledge and lived experiences, talent and passion in our Mathers community we want to share, learn and connect. Would you be happy to share that by giving a 30 – 40 minute presentation as part of our program?

Topics can range from music through to philosophy, to travel or your collection of memorabilia. Please contribute and share – you all have an amazing wealth of knowledge from living life! If you would, could or can please call in and see us, email or ring us.

**For Mathers House or Positive Ageing program enquiries, please call 6234 1441 or email [mathersplace@hobartcity.com.au](mailto:mathersplace@hobartcity.com.au)**

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

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