



WHAT'S ON

MATHERS HOUSE

in Positive Ageing

CRITERION HOUSE



SUMMER 2018 - 19

It's that time of the year again – what happened to 2018? We have been busy.....

As the days grow longer we look forward to sunshine and beach activities, and a Christmas break.

On behalf of the Positive Ageing Team, and the City of Hobart, we wish all of you – customers, program users and centre hirers, volunteers, friends and your families a safe and joyful Christmas and New Year.

Opening Times over Christmas

This year, we are changing things up a little and opening for more days over the Christmas season.

Mathers/Criterion House will close for the Christmas break from:

Thursday 20 December 2018 to
Friday 28 December 2018 inclusive.

The centre will re-open on
Monday 31 December 2018.

Public Holiday closures:

- Christmas Day: Tuesday 25 December
- Boxing Day: Wednesday 26 December
- New Year's Day: Tuesday 1 January 2019
- Australia Day: Monday 28 January 2019

During January the cafe will open from 10 am - 2 pm and serve sandwiches and light snacks. From 1 February, normal service will resume.

For January, the newspaper and various board games will be available for use, bring some friends or make some new ones.

This year, with much sadness we farewelled Angela Barrington as Centre Coordinator for the last five years - and have welcomed Della O'Brien to the team. Della has hit the ground running and is a really valued member of the team.

Mathers House has also been lucky to have Grace Jones as a social work student this year, producing some research and incredible insights into the importance of connection. Powerful stories from the Mathers community were collected about resilience and strength of character, and great tips to share in strengthening community groups and inclusion for all. Grace will be sharing her findings - see program for further details.

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!



Mathers House Story Telling Project

Mathers House celebrates the wisdom and lived experiences of elders across our community. To build connections and understanding across our diverse community we have been exploring how the stories of older people can engage, challenge and develop genuine connections with others.

Over the last year the City of Hobart has engaged a number of artists to help us start the conversation of sharing stories, collecting wisdom and expressing these publically. Matt Daniels began the project by conversations with frequent visitors to Mathers House. His work was displayed on the Soap Box billboards in Mathers and Criterion Lanes. Helene Thomas, with her audio recording studio collected beautiful stories and tales of wisdom. Andrew Wilson added amazing portraits to the audio to create a powerful outcome.

These stories can be heard on our new website: mathershhouse.com.au Please share with your family and friends too - there is wisdom to share with other generations.

This project will continue in 2019. Please call in to find out more if you are interested.



Mathers House Office Hours

Monday - Friday, 9 am - 3 pm

Mathers House Cafe Hours

Monday - Friday, 10 am - 2 pm

Dining Room 2019

You will notice some changes to our menu in 2019. We will no longer be serving senior specials, but you will still be able to order small or large meals. We will be extending our range of snacks following consultation with you about what you would like us to serve.

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**.

NEW PROGRAMS

Do you often feel like going to a movie, the theatre, out to dinner or taking a day trip but don't 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 want 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.



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 on it 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 can present, please contact Claire or Della.

Let's get creative

Come along and be inspired at our new 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.

As it's the school holidays we're kicking off in January with "Kid friendly crafts".

When: Every second Tuesday of the month from 10 am to 12 noon starting 8 January 2019

Where: Nell Pascoe Room, Criterion House

Please note 5 February event will be in Lower Level, Mathers House

Cost: Gold coin donation (payable on the day)
NO BOOKINGS REQUIRED

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.

A six week course will begin on Wednesday 30 January and run until Wednesday 6 March.

When: Wednesday, 1 pm - 1.45 pm

Where: Neil Pascoe Room, Criterion House

Cost: \$5 (payable on the day)

BOOKINGS ESSENTIAL

EVENTS

Information Hub Launch

Please join us for the launch of our new **Information Hub**. You have told us that access to information is one of the top concerning issues for older people of Hobart. Without information, choices and decisions can be limited. The Hub has been developed in partnership with the Department of Premier and Cabinet to assist you to find information about services, events and activities in the community.

The Info Hub is supported by trained volunteers who are wanting to help you connect to the World Wide Web, and your community. Helping you to finding anything from Gumtree sales to My Age Care.....local services and activities.

When: Wednesday 5 December 2018, 11 am

Where: Mathers House Foyer and Forecourt

RSVP to 6234 1441 for catering purposes

Christmas Long Table Luncheon

Join us to celebrate the festive season with community friends over a 3 course feast, long table lunch. Entertainment will be part of the fun. Dress in festive costume to increase the celebration and Christmas cheer.

When: Friday 7 December, 12 noon - 2 pm

Where: Mathers House Dining Room

Cost: \$25

Payment required in the week prior to event.

BOOKINGS ESSENTIAL

BBQ on the Domain

Come and join us in the brand new Queens Domain Community Hub. This is no ordinary BBQ as you will be served a beautiful roast dinner cooked in a wood fired oven. Feel the sun on your face as you relax with a wonderful roast lunch and a delicious fruity dessert.

Buses will depart Mathers House at 12 noon and will return from the Domain at 2.30 pm.

You will also enjoy some musical entertainment.

When: Friday 18 January 2019, 12 noon - 3 pm

Where: The Queens Domain

Cost: \$10 (payable on booking)

BOOKINGS ESSENTIAL

Info Hub 2019

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 that/do 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?

This is the place to come.

We will also have a regular program of visitors. This will be a chance for you to have a one-on-one session with someone who can assist you to do what you need to do. They can provide individual help. Let us know the type of "visitors" you would like to see.

To kick it off:

Tuesday 29 January 2019, 11 am - 1.30 pm

The Council is very 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 the City is engaging with at the moment and other ways to be involved.

Wednesday 13 February, 11 am - 1.30 pm

Alison from Chats will be here to tell you all about their programs and help you to sign up. Chats provides social activities and events for people over 60, with the aim of reducing loneliness and isolation.

Research Project Presentation - The Connection Cycle

Grace Jones, Bachelor of Social Work student will deliver a presentation on the research conducted with Mathers House in 2018. The purpose of the research was to encourage a re-visioning of wise people (people over 50) as valuable assets, rich in resources, full of unique experiences, wisdom, skills and gifts. Grace would like to invite all participants of the project, and extend the invitation to community members and interested sector members.

When: Tuesday 5 February, 10 am - 11 am

Where: Neil Pascoe Room, Criterion House

Cost: FREE

NO BOOKINGS REQUIRED

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

A fun and informative talk by nurse Clair George about easy exercises, great food and drinks. Come along and hear what Clair has to say and share her wisdom with your friends.

When: Wednesday 6 February 2019,
11 am - 12 noon

Where: Lower Level, Mathers House

Cost: FREE

NO BOOKINGS REQUIRED

Scottish Music and Dancing Wine and Savoury

Come along and try your hand at some low impact Scottish Dancing accompanied by Ian on accordion. Robert will teach you some basic dances but we know there's lots of Scots out there who can show us a step or two.

When: Wednesday 20 February 2019,
2 pm - 3.30 pm

Where: Upper Level, Mathers House

Cost: \$5 covers entertainment and refreshments

Seasonal Quiz

Following lots of requests we are going to try having a quiz at each season. Quiz Quiztofferson will return. Refreshments will be more low key (self-serve tea/coffee). Prizes will be the pride of winning.



When: Tuesday 26 February 2019,
10.30 am - 12 noon

Where: Lower Level, Mathers House

Cost: FREE

BOOKINGS ESSENTIAL

Life is short: Plan ahead seminar

Palliative Care Tasmania are hosting a day of talks addressing everything you need to know to make sure you don't have to worry as you age. All members of the community are invited to attend for all or part of the day.

Speakers include:

Sarah Campbell, **Older People's Legal Service Lawyer from Legal Aid Tasmania** who will provide information on practical processes like Wills, Enduring Powers of Attorney, Enduring Guardianships and issues of concern like Elder Abuse.

A **Financial Information Officer from the Department of Human Services (Centrelink)**, who will talk about financial considerations when looking at retirement and the implications for Centrelink, tax and so on.

Stefany Wunsch from **Palliative Care Tasmania** will debunk the myth of what Palliative Care is and discuss the importance of Advance Care Planning.

COTA (Council of the Ageing) will have a representative explaining how to make the best choices to help you remain at home as you age by providing an introduction to the aged care system and how it works.

All members of the community are welcome to come along for the whole day or just for the sessions that interest you.

When: Tuesday 12 February 2019,
10 am - 3.30 pm

Where: Neil Pascoe Room, Criterion House

Cost: FREE

BOOKINGS ESSENTIAL

Lunch and refreshments will be provided. For more information or to book your place (RSVP is required for catering purposes) please contact Stefany on **0455 032 730** or stefany.wunsch@pct.org.au

ONGOING PROGRAMS

Midcity School for Seniors 2019

This popular speaker's program welcomes ongoing and new members. Enrolments for 2019 will commence **from Monday, 14 January 2019**. Those enrolled in 2018 are encouraged to re-enrol via phone to Claire on **6234 1441** and finalise payment at the first class on 1 February 2019. New enrolment enquiries can be made via phone with registration finalised at a later date.

When: Fridays, 10 am - 12 noon
Term 1: 1 February - 12 April 2019
(No classes on 19 April or 26 April)

Where: Nell Pascoe Room, Criterion House
Cost: \$30 annual fee + \$2 for morning tea

BOOKINGS ESSENTIAL on 6234 1441

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: Week days 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 from 14 January 2019,
10.30 am - 11.30 am
(Last class for 2018 is 17 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 Cafe. Everyone is welcome - no skills required.

When: Mondays from 14 January 2019,
11 am

(Last session for 2018 is 17 December)

Where: Mathers House Dining Room

Cost: FREE

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'.

When: Mondays from 14 January 2019,
1 pm - 3 pm

(Last session for 2018 is 17 December)

Where: Upper Level, Mathers House

Cost: FREE

BOOKINGS ESSENTIAL

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 21 January 2019,
1 pm - 1.45 pm

(Last class for 2018 is 17 December)

Where: Nell Pascoe Room, Criterion House

Cost: \$2 (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 from 12 February 2019,
9.45 am - 11.45 am

(Last class for 2018 is 18 December)

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 from 16 January 2019,
1 pm - 3 pm

(Last class for 2018 is 17 December)

Where: Mathers House Dining Room

Cost: FREE for scrabble (lunch at own cost)

NO BOOKINGS REQUIRED

Art Class

Would you like to come to an art class and try your hand at making art using a variety of materials? It doesn't matter if you are a beginner or have some experience. This is a relaxed class with an emphasis on experimenting and having fun.

Materials are supplied.

New members welcome.

When: Thursdays from 10 January 2019,
1 pm - 3 pm

(Last class for 2018 is 13 December)

Where: Nell Pascoe Room, Criterion 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 17 January 2019,
11 am - 12 noon

(Last class for 2018 is 13 December)

Where: Nell Pascoe Room, Criterion House

Cost: \$5 (payable on the day)

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 from 17 January 2019,
9.45 am - 10.45 am
(Last class for 2018 is 13 December)

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 from 17 January 2019,
10 am - 11 am

(Last class for 2018 is 13 December)

Where: Lower Level, Mathers House

Cost: \$3 (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

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 2018. We meet fortnightly on Fridays and learn from each other and from lots of different people and places.

Sign up for the 2019 IT Learning Club - Summer/Autumn group, 10 meetings from 25 January to 14 June and Winter/Spring group, 10 meetings from 19 July to 6 December. 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.

Where: Lower Level, Mathers House
Summer group from Friday 25 January 2019, 10 am - 12 noon

Cost: FREE (morning tea included)

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

OTHER NEWS

Bridge Club

Unfortunately there was not enough interest in the bridge club to get it up and running. We are keeping a list of names and if numbers increase we will give it another go.

For Mathers House or Positive Ageing program enquiries, please call 6234 1441 or email mathersplace@hobartcity.com.au

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