

## WHAT'S ON

in Positive Ageing



## WINTER 2019

Winter has arrived!! Don't wrap up and stay at home, come and join one of our many classes or special events, or just drop in for lunch or a snack. It's warm inside!

We warmly welcome Fiona Butler as our new Program Support Officer. Fiona comes to us with lots of experience in working with the community organising and running programs and events. Drop in and say hello – we're really looking forward to Fiona's contribution to the team and community at Mathers House. Welcome Fiona!

Joy Searle has decided to hang up her cooking pots and pans. Joy has been cooking up a storm at Mathers House for over 28 years, long before it even became Mathers House! Joy was instrumental in introducing a hot meal to Mathers, and is our own resident historian. She is not leaving us, but is taking on some new challenges, these include working on the development of a Mathers House cook book. Joy will be looking to you all to provide your favourite recipes. Please get in touch if you would like to provide some recipes.

Over Winter we are offering a Christmas in July lunch and an afternoon high tea, so we hope you're not watching your calories!

## Public Holiday Closures

Mathers House will close on:

Queen's Birthday: Monday 10 June 2019

## NEW PROGRAMS

## Chair based Yoga

Learn how to balance your breath, energy and improve your strength and flexibility with a chair yoga practice. Enjoy all the benefits of yoga practice, as well as tapping into simple mindfulness and meditation practices. This will help you to move and feel good too.

**When:** Wednesday 12 June to 17 July  
11 am – 12 noon

**Where:** alternating between Mathers House Lower Level and Nell Pascoe Room, Criterion House

**Cost:** \$5

## BOOKINGS ESSENTIAL DUE TO LIMITED NUMBERS

## Card Making with Cathy

Come along and be inspired to make your own cards for every occasion. Birthdays, get well, new grandchild, whatever the occasion! Bring along any paper or card etc that you have at home, some material will be provided.

This is a four week course, but you are welcome to book in for one or two classes.

Bookings are essential as numbers are limited to 10 so that we can have enough material for everyone.

**When:** Monday 17 June to 8 July  
10 am – 11.30 am

**Where:** Lower Level, Mathers House

**Cost:** Gold coin donation

## BOOKINGS ESSENTIAL

## 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. Nicole loves helping people find joy in their movement. Nicole is a Certified Feldenkrais practitioner and has a Grad Dip in Movement and Dance.

**When:** Tuesdays from 25 June – 30 July,  
1 pm – 1.45 pm

**Where:** Lower Level, Mathers House

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

## Peace Education Program

“Know Yourself and be Positively Surprised”. The Peace Education Program (PEP) has proven popular in over 74 countries. It is a video based program, with talks by Peace Ambassador Prem Rawat, interspersed with cartoons, music and time for your own reflection and comment. With both humour and seriousness, you will have the opportunity to look at yourself. The focus is on the strengths and resources you already have, like inner strength, dignity, choice and hope.

Stay for a chat and a cuppa.

**When:** Wednesdays  
10 July – 18 September  
10.30 am – 11.15 am

**Where:** Lower Level, Mathers House

**Cost:** FREE

**NO BOOKINGS REQUIRED**



## Felting made easy

Have you heard about the felting craze? Do you know people who are avid felters? Are you curious about how it's done? Come along to this four week course and have it all explained. Materials are provided.

Booking is essential as numbers are limited to 10 people.

**When:** Monday 12 August to 2 September  
10 am – 11.30 am

**Where:** Lower Level, Mathers House

**Cost:** Gold coin donation

**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, 11.15 am – 12.15 pm

**Where:** Lower Level, Mathers House

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

**NO BOOKINGS REQUIRED**

# EVENTS

## Walk Against Elder Abuse

With the Aged Care Royal Commission taking public submissions until September, it has never been more important to raise our voices against elder abuse.

In 1948 the UN adopted the Universal Declaration of Human Rights. That document says everyone has the right to liberty and security, and no-one should be degraded or arbitrarily deprived of their property. Yet older Tasmanians are still being harmed by people they should be able to trust.

With your help, we can make this year's Walk Against Elder Abuse the biggest it's ever been.

The event will begin with a short performance from the wonderful Sing For Your Life Choir and end with a free morning tea courtesy of the City of Hobart at Mathers House.

The Walk Against Elder Abuse is organised by COTA Tasmania and supported by the Tasmanian Government, and the City of Hobart.

**When:** Friday 14 June  
Gather at 9.45 am for a 10 am start

**Bring:** A banner and a purple scarf or clothing

**Walk:** Easy

**Meet:** Collins Street end of Elizabeth Street Mall followed by refreshments at Mathers House

**Cost:** FREE

**BOOKINGS REQUIRED BY 7 JUNE FOR CATERING PURPOSES**

Please register with COTA Tasmania on 6231 3265 or [lynm@cotatas.org.au](mailto:lynm@cotatas.org.au)

For Elder Abuse assistance and advice contact the Elder Abuse helpline on 1800 441 169 or your local community legal services ([findhelptas.com.au](http://findhelptas.com.au)).

## Intergenerational Music event

As part of "Make Music Day", Mathers House will host an intergenerational music gig.

This event will celebrate live music with a diverse number of performances from people of all ages.

All generations are welcome to attend the event, so come join in, bring your family and friends. Sing along or just sit and enjoy the music!!

**When:** Friday 21 June, 1.30 pm – 3.30 pm

**Where:** Upper level, Mathers House

**Cost:** FREE

## Community Transport Services Tasmania (CTST)

Come and find out all about Community Transport. CTST provide transport for social and non-emergency medical appointments. A range of vehicles driven by a team of volunteers are available.

This session will help you to find out how to go about making a booking, if they provide what you need and to meet some of the friendly, helpful team. There will be an opportunity over morning tea to ask questions, and to maybe plan a trip with a group of friends!

**When:** Tuesday 25 June, 10 am – 11 am

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

**Cost:** Free

## Seasonal Quiz

Our Winter 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.

Morning tea will be provided. Prizes will be the pride of winning!

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

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

**Cost:** FREE

**BOOKINGS WELCOME**



## Bus trip to Richmond

Join Maureen from the Hobart Older Persons Reference Group on a bus trip with Community Transport to Richmond. The bus will stop at the Coal River Farm and Wicked Cheese on the way to Richmond where you can have lunch at the Richmond Bakery or the Richmond Arms Hotel. The bus will depart Richmond at 2.30 pm and return to Mathers House at approximately 3.00 pm.

Please note that all attending must complete a Client Intake Registration Form (CTST) which includes registration for 'My Aged Care'. Please ask at Mathers House if you need help with this.

**When:** Tuesday 9 July at 10.15 am  
Returning from Richmond at 2.30 pm

**Where:** Leave from Mathers House

**Cost:** \$10 payable on the day  
Cost only includes bus fare

**BOOKINGS ESSENTIAL by Tuesday 2 July in order to confirm numbers with Community Transport.**



## Christmas in July Long Table Luncheon

Join us to celebrate Christmas in July for a Christmas dinner with all the Winter trimmings – we can't guarantee snow but we can guarantee fun with friends!

**When:** Wednesday 24 July, 12 noon – 2 pm

**Where:** Mathers House Dining Room

**Cost:** \$25 for lunch and refreshments

**For catering purposes payment in advance due by Wednesday 17 July.**

## Life is short: Plan ahead seminar

Palliative Care Tasmania is hosting a day of talks addressing everything you need to know to make sure you are ready for everything! All members of the community are invited to attend for all or part of the day.

Speakers include:

**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.

**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:** Wednesday 21 August  
10 am – 3.30 pm

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

**Cost:** FREE

**BOOKINGS ESSENTIAL FOR CATERING PURPOSES**

Morning and afternoon tea will be provided.

For more information or to book your place please contact Stefany on **0455 032 730** or [stefany.wunsch@pct.org.au](mailto:stefany.wunsch@pct.org.au)

## High Tea

Wash away the Winter blues by joining us for a High tea.

A glass of champagne, cucumber

sandwiches, scones with jam and cream, and more. Please dress for the occasion!

**When:** Tuesday 13 August, 2 pm – 3 pm

**Where:** Mathers House Dining Room

**Cost:** \$10 for High Tea

**For catering purposes payment in advance due by Tuesday 6 August.**

**BOOKINGS ESSENTIAL**



## Craft Corner

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

Everyone is welcome.

**When:** Mondays from 11 am

**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'. Basic knowledge of the game is required.

**When:** Mondays, 1 pm – 3 pm

**Where:** Mathers House Dining Room

**Cost:** FREE

**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.

**When:** Six week course from Tuesday 6 August to Tuesday 10 September 1 pm – 1.45 pm

**Where:** Lower Level, Mathers House

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

**BOOKINGS ESSENTIAL**

# ONGOING PROGRAMS

## Computer Learning at Mathers House

Mathers House offers one-to-one computer tuition for beginners focusing on building confidence in dealing with computers, tablets or smart phones. These lessons are perfect for those who want 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**



### **The Ukulele Experience**

Explore the fun world of Ukulele 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 interested 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 11 June, 9 July and 13 August, 11.30 am – 1 pm

**Where:** Info Hub, Mathers House

**Cost:** Free

### **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**

### **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

**Where:** Mathers House Computer Room

**Cost:** FREE

**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, 12.30 pm – 1.00 pm

**Where:** Lower Level, Mathers House

**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 2:** 3 May – 5 July

(No classes on 12 July or 19 July)

**Term 3** from 26 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 and data; emails and emoney; wisdom and websites; social media and scamming; online banking, online shopping and online security; passwords, photos and privacy – these are just some of the topics covered so far in the Positive Ageing IT Learning Club in 2018/19. We 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 more chatting).

New members are invited to join.

Previous and current members continue to be welcome.



**When:** 14 June then fortnightly from Friday 19 July 10 am – 11.30 am

**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**

## Contemporary Issues Discussion Group

The group 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.

Note that we have changed this to a Friday and to a later time due to demand.

**When:** Fridays 21 June, 19 July, 16 August, 1.15 pm – 2.15 pm

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

**Cost:** Gold coin donation

**BOOKINGS ESSENTIAL**



## 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 you are a vocalist, please bring charts with the key in which you sing).

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 donation

**Contact:** Craig Collins 0411 106 144

**NO BOOKINGS REQUIRED**

## OTHER NEWS

### "Ageing My Way" photographic exhibition

"Ageing My Way" shows older Tasmanians doing the things that enrich their lives.

COTA Tasmania recently asked older people to share their wishes for the years ahead, in photographs and words. These life-affirming images and quotes will be on display in the Waterside Pavilion on Hobart's Waterfront between 11am and 3pm from 29 May to 2 June. Ageing My Way is supported by the Tasmanian Government and the City of Hobart.

**When:** Wednesday 29 May to Sunday 2 June  
11 am – 3 pm

**Where:** Waterside Pavilion, Mawson Place

**Cost:** FREE

**NO BOOKINGS REQUIRED**

### Free films screening over Winter at Wide Angle Tasmania

Wide Angle Tasmania is pleased to present three FREE film screenings made possible with support from the City of Hobart at the Wide Angle Screen Centre, 6 Washington Street, South Hobart.

#### Silver Screen – *The Last Days of Chez Nous* Tuesday 25 June, 2 pm

This potent drama from 1992 is set around the life of a family facing change. Written by Helen Garner and directed by Gillian Armstrong this is an acclaimed exploration of love, trust, betrayal and lust featuring Lisa Harrow, Kerry Fox, Miranda Otto and Bill Hunter.

#### Silver Screen – *Careful He Might Hear You* Tuesday 30 July, 2 pm

Adapted from the best-selling Sumner Locke Elliot novel, this lush 1983 classic is the essential story of an Australian boy's coming-of-age in the tough Depression years. Wendy Hughes and Robyn Nevin star as the two aunts who battle for his custody.

#### Silver Screen – *The Franklin Wild River* Tuesday 27 August, 2 pm

In 1980 Bob Brown paddled a rubber dinghy through the spectacular rapids of Tasmania's mighty Franklin River. This film was part of a campaign to halt plans to flood the river and bring international awareness to the remarkably untouched natural habitat.

### 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 life experiences, talent and passion in our Hobart 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.

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

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