



ADULT
LEARNERS
WEEK **2017**
1 – 8 SEPTEMBER

Take the
time to learn
something
new.



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adultlearnersweek.org



Adult Learners Week at Mathers House

Adult Learners' Week is celebrated at the beginning of Spring with hundreds of events and activities designed to promote the benefits of learning. Mathers House proudly supports Life Long Learning and this year presents an interesting speaker series, set to inspire and celebrate adult learners!

Mathers House invites you to come along to any or all of our sessions.

Try something new or renew an old interest.

Complimentary morning and afternoon teas provided.

Light lunch available (sandwiches, cake and drink) for \$5 per person.

Mathers and Criterion Houses are located in Mathers Place, 108 Bathurst Street, HOBART

Please contact Mathers House to reserve your place on

Phone: 03 6234 1441 Email: mathersplace@hobartcity.com.au



DATE	TIME	VENUE	SPEAKER	TOPIC
Mon 4 Sept	11am – 12pm	Lower Level Mathers House	Ngaire Hobbins	BETTER BRAIN FOOD. The nutrition authority behind <i>Eat to Cheat Ageing</i> and <i>Eat to Cheat Dementia</i> , talks about her new groundbreaking publication on the hot topic of brain health and dementia prevention – <i>Better Brain Food</i> .
Mon 4 Sept	12.30– 1.30pm	Lower Level Mathers House	Helen Vojacek	POSITIVE THINKING. Helen has been teaching the power of positive thinking for many years and can show you how to develop your powers for a peaceful and happy life. This session will introduce you to a simple form of meditation.
Mon 4 Sept	2pm – 3pm	Lower Level Mathers House	Suzanne Smythe	HISTORY OF KNOCKLOFTY. Hobart historian and author, Suzanne, will introduce us to the rich colonial history of popular bushland reserve, Knocklofty. Now popular with dog walkers and joggers, it was once populated by farmers, loggers, brickmakers and quarry workers.
Tues 5 Sept	11am – 12pm	Criterion House	Art Healey	BENEFITS OF STRENGTH AND BALANCE TRAINING. Art is a qualified personal trainer with many years' experience working with older people. Art not only makes exercise fun but will explain the benefits of training including how it can increase bone density, improve balance and prevent falls.
Tues 5 Sept	12.30– 1.30pm	Lower Level Mathers House	Leisha Owen	ONLINE LIBRARY RESOURCES Leisha, Information Services Coordinator with Hobart LINC will introduce you to eLibrary. You will learn how to download ebooks, emusic, efilms and emagazines. All free with your LINC membership
Tues 5 Sept	2pm – 3pm	Criterion House	Margaret Long & Carol Bacon	IKEBANA. This Japanese art form of flower arrangement is practiced by people around the world of all abilities. Margaret and Carol are qualified teachers (Sogetso and Ikenobo schools) and will introduce you to this beautiful activity, sharing its long history and providing you with an opportunity to have a go.
Wed 6 Sept	10.30 – 11.30am	Dining Room Mathers House	Jane Henriette	PROMOTING BRAIN HEALTH. Jane, Alzheimers Australia Dementia Advisor, will give you a brief overview of dementia, introduce you to simple tips for living with memory loss and activities for promoting brain health.
Wed 6 Sept	12pm – 1.30pm	Lower Level Mathers House	Tony Rayner	HISTORY OF HOBART. Respected local writer and historian, Tony has over thirty years' experience providing historic walks around every area of Hobart. Tony will provide his interesting insights about the history of Hobart.
Wed 6 Sept	2pm – 3.30pm	Lower Level Mathers House	George Wilkie & Qian Pei Choi	URBAN DESIGN PROJECTS ACROSS HOBART. George, City of Hobart Executive Manager of City Design, will present a series of interesting Transforming Hobart projects happening across Hobart. Fascinating insights to projects which will connect the city and promote liveability.
Fri 8 Sept	12.30– 1.30pm	Lower Level Mathers House	Rosa Walden	DIGITAL LEARNING. Dive into Digital. Why do photos vanish? How do I? Facetime vs Facebook? Is my phone a 5th column? Is 'digital transformation' a magic trick? Why care? Rosa is a digital access tutor at Mathers House. Come along - learn more - ask questions - share stories, successes, frustrations.
Fri 8 Sept	2pm – 3pm	Dining Room Mathers House	Jenny and Vince Merlo	TANGO AND BRAIN HEALTH. Jenny and Vince will introduce you to the wonderful dance of Tango and explain how recent studies have discovered that it not only keeps you active, smiling and social but can also give you a great mental work out.

