

WHAT'S ON

in Positive Ageing

SPRING 2021

Welcome to another wonderful edition of WHAT'S ON! The year has been filled with many challenges but also many triumphs. We have been continually entertained by the delightful participants who frequent Mathers House. We feel truly blessed to be able to welcome you here each and every day. Mathers Place is your place.

Remember, if there is an activity that you would like to see included in our next program, drop in and have a chat with Dougal, Aisha or Junu and we'll see what we can do.

Growing Together



Our intergenerational workshops have been a delightful experience for all involved. Seeing the relationships blossom between the participants has been such a pleasure. The energy in the room has been nothing short of dynamic and the teachings have been a two way street.

We are planning to deliver this program again in the latter part of the year, if you would like to be involved please let one of our friendly team know.



Celebrating a "Joy" filled life

It is with a heavy heart that we farewelled one of the most generous people to have walked through the Mathers House doors. Joy Searle spent more hours than anyone else at Mathers House. She was here the days the doors opened as the Sixty and Over Club and spent 30 years volunteering with us. Joy's cooking is legendary, we will always remember her favourite dishes.

A few things you might not know about Joy: she loved feeding the birds at her house in the afternoons, they would flock to see her but on the day she died, the birds didn't come. She had been hot air ballooning in New Zealand, jet boating in Tasmania and her favourite drink was Sex on the Beach! Joy will live on in our hearts we are forever grateful for the time we spent together.



Bring a friend, relative or neighbour...

Do you have a friend, relative or neighbour that hasn't had the pleasure of visiting Mathers House? Why don't you bring them along? Or would you like to volunteer at Mathers House? Speak to Dougal or Aisha – we would love to hear from you.

Mathers House Office Hours

Monday – Friday, 9 am – 3 pm

Mathers House Café Hours

Monday – Friday, 10 am – 2 pm

COVID-19 Update

All visitors to Mathers and Criterion Houses are required to check in using the Tasmanian Government's *Check in TAS* app.



If you have a smart phone but don't know how to download the app our friendly Info Hub volunteers in the foyer can assist. If you do not have access to a phone, we are here to assist you.

We still ask everyone who enters the building to sanitise their hands.

Remember, please don't come to the centre if:

- You have COVID-19 and you are still under instructions to quarantine;
- You are unwell with fever or night sweats or chills or respiratory symptoms, e.g. shortness of breath, cough or sore throat; or
- You are awaiting the results of a COVID-19 test.

Keeping your distance

Please respect others if they still wish to maintain a 1.5 metre distance from you and if they would prefer not to have any physical contact.

Check these out...



Find Help TAS provides a central, online directory of services that support the health and wellbeing of Tasmanians and our communities. www.findhelptas.org.au



Ask Izzy is a website that connects people in need with housing, a meal, money help, family violence support and much more. www.askizzy.org.au

Walk Against Elder Abuse

A special thank you to all of those who came to the Walk Against Elder Abuse in June. Many of you came along and contributed to a great opportunity to advocate for systemic change.

The strong need for communities was one of the many learning outcomes and that it is the responsibility of everyone in the community to look out for our older neighbours, friends and relatives.

Anyone experiencing elder abuse is encouraged to call the Tasmanian Elder Abuse Helpline on 1800 441 169.



SENIORS WEEK

11 – 17 October 2021

This is the 23rd annual Seniors Week and hundreds of events will be on offer around the state. This year's theme is "Friendship" and COTA has a massive program of events.

The official guide will be available in early September and available at Mathers House.

Here are a few of the events we will be hosting.

Connecting with Confidence

Learn how to meet people online and make new connections. Online dating and or socialising is a common and popular way to meet new people.

The Hobart Library have teamed up with Mathers House to deliver a free 2 hour introductory workshop on companionship and socialising apps.

Participants must have their own device and basic skills (how to text, email, take photos and save contacts in phone).

When: Wednesday 22 September and Monday 11 October, 10 am – 12 noon

Where: Lower Level, Mathers House

Cost: FREE

BOOKINGS RECOMMENDED



Generations of Global Gastronomy

Each day at our café at Mathers House, we will celebrate a nation's cuisine. The meals will be inspired by our volunteers' generations that have gone before them. We will showcase recipes that have been passed down from grandparent to grandchild.

When: Monday 11 – Friday 15 October, 12 noon – 2 pm

Where: Dining Room, Mathers House

Cost: \$20 for a 3-course meal (set menu)

BOOKINGS RECOMMENDED

Embracing Positive Thinking

This engaging and relaxed introduction to the power of positive thinking will also include a small taste of meditation. Utilising the skills you learn in this workshop will help to strengthen and develop your ability to enjoy a calm, positive approach to life.

When: Tuesday 12 October, 2 pm – 3 pm

Where: Lower Level, Mathers House

Cost: FREE

BOOKINGS RECOMMENDED

It's about the Living not the Dying

Palliative Care Tasmania in conjunction with the City of Hobart presents an informative and thought-provoking event to answer your questions about palliative care. Introducing a range of service providers, what they do and how they can help, with a Q&A to follow.

When: Wednesday 13 October, 1 pm – 4 pm

Where: Lower Level, Mathers House

Cost: FREE with afternoon tea provided

BOOKINGS RECOMMENDED



Wines of the World

Presented by

CENTRE EURO WINES TASMANIA

AUSTRALIAN AND INTERNATIONAL WINES,
LIQUEURS & SPIRITS

We are looking forward to catching up with everyone who wants to enjoy an afternoon full of fun, interesting tasting experiences and a bit of knowledge about wines, spirits and everything else there is to know about a good drop.

When: Wednesday 13 October, 2 pm – 4 pm

Where: Dining Room, Mathers House

Cost: FREE

LIMITED NUMBERS, BOOKINGS ESSENTIAL

Serenity in the City: Meditation

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

When: Thursday 14 October, 12.30 pm – 1 pm

Where: Lower Level, Mathers House

Cost: FREE

NO BOOKINGS REQUIRED

International Elders Get Together

Hobart and its broader community is made up of many nationalities. Come along to Mathers House and celebrate our diversity! We encourage you to wear your traditional attire. Afternoon tea will be provided.

When: Thursday 14 October, 2 pm – 4 pm

Where: Dining Room, Mathers House

Cost: FREE

BOOKINGS RECOMMENDED

Spectacular Parks & Gardens of the World

Can't travel overseas? Sit back and enjoy a presentation of beautiful images from some of the most spectacular parks and gardens in the world. Presented by Heinz Vojacek with the Hobart School for Seniors, this presentation, which will include a light morning tea, is sure to delight every armchair traveller.

When: Friday 15 October, 10 am – 12 noon

Where: Nell Pascoe Room, Criterion House

Cost: \$2 (includes morning tea)

BOOKINGS ESSENTIAL

End-of-Life Choices

Mike Gaffney MLC will be attending Mathers House and is looking forward to sharing information regarding the End-of-Life Choices (Voluntary Assisted Dying) Act 2021.

When: Friday 15 October, 10 am – 12 noon

Where: Lower Level, Mathers House

Cost: FREE

LIMITED NUMBERS, BOOKINGS ESSENTIAL

Wine, Savoury and Song – The Breed

Join us for our famous end of the week event and be entertained by “The Breed”, Hobart’s favourite 60s inspired trio. Music flowing, bodies boogying and nibbles galore. These book out quickly, so be sure to book soon.



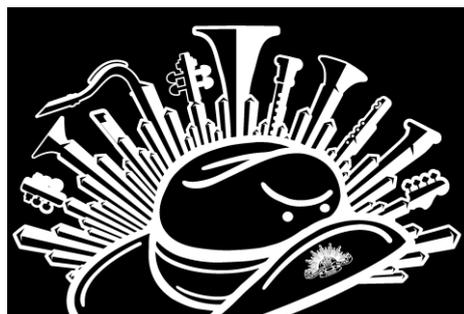
When: Friday 15 October, 2.30 pm – 4 pm

Where: Dining Room, Mathers House

Cost: \$10 covers entertainment and refreshments

BOOKINGS & PRIOR PAYMENT ESSENTIAL

An Afternoon at the Proms



The City of Hobart in conjunction with the Australian Army Band Tasmania present a special Seniors Week concert that will include music by Elgar, Holst and Walton as well as a 55 member choir led by Margot Lampkin OAM.

In the spirit of The Proms the event will include audience singing, flag waving and streamers, so come prepared!

All entry donations to this event will support Hobart Legacy to assist southern Tasmanian veterans' families.

When: Sunday 17 October, 2 pm – 3 pm

Where: Hobart City Hall, 57-63 Macquarie Street

Cost: Donation at door

BOOKINGS ESSENTIAL

SPRING EVENTS

Home Fire Safety

This session focuses on learning about home fire safety. We examine behaviours that reduce injury or fatality risk and the role, placement and testing of fire alarms and the latest on Bushfire Survival Plans.



When: Monday 13 September, 11 am – 12 noon

Where: Lower Level, Mathers House

Cost: FREE

BOOKINGS RECOMMENDED

Burlesque Dance Class

With a focus on building confidence through movement, your instructor Loulou Frottage believes that every body is a burlesque body.



This 10 week class will help you explore the art of teasing and learn how to create beautiful routines that empower and encourage.

When: Mondays from 20 September until 22 November

Where: Lower Level, Mathers House

Cost: \$10 per class

**ONLY 12 PLACES AVAILABLE
BOOKINGS & PRIOR PAYMENT ESSENTIAL**

Protecting Yourself from Elder Abuse



This session provides people with information to protect themselves from all forms of abuse, to recognise and

prevent this abuse and where to go for help.

When: Tuesday 21 September, 11 am – 12 noon

Where: Nell Pascoe Room, Criterion House

Cost: FREE

BOOKINGS RECOMMENDED

Wine, Savoury and Song – D7 Duo

We hope you can come along and enjoy the music of D7, a long established group in the Hobart music scene, with a focus



on playing Bossa Novas from around the world. The group also include jazz standards and pop tunes in their sets.

Usually working as a quintet, today's performance will feature two members of the band, vocalist Eleanor Webster and guitarist Joel Roberts.

When: Friday 24 September, 2.30 pm – 4 pm

Where: Dining Room, Mathers House

**ONLY 50 PLACES AVAILABLE
BOOKINGS & PRIOR PAYMENT ESSENTIAL**

art from scratch

This introductory art course with Yilian will allow students to experiment with and enjoy a range of art media and methods through making a finished artwork each week. All materials will be provided.

When: 6 weeks beginning Tuesday 28 September, 1 pm – 3 pm

Where: Nell Pascoe Room, Criterion House

Cost: \$45 for the six weeks

**ONLY 15 PLACES AVAILABLE
BOOKINGS & PRIOR PAYMENT ESSENTIAL**



Come along and experience deeper discussion on a variety of topics. Some contentious topics and others not. Each session will involve a keynote speaker on the selected topic.

Following the presentation there will be an open discussion and an opportunity to ask questions of the relevant topic.

When: Tuesday 28 September,
Tuesday 26 October and
Tuesday 30 November
2 pm – 3.30 pm

Where: Lower Level, Mathers House

Cost: FREE

BOOKINGS RECOMMENDED

Mathers House Quiz



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.

The main prize will be the pride of winning!

Refreshments will be provided.

Why not have lunch in our Café afterwards with your fellow quizzers (or is it quizzee?)?

When: Monday 4 October, 10.30 am – 12 noon

Where: Lower Level, Mathers House

Cost: FREE

BOOKINGS RECOMMENDED

Spring Long Table Luncheon

Come and celebrate the arrival of Spring with a feast of the body and soul. The long table lunch offers a decadent three courses including drinks and chocolates. We guarantee you won't go home hungry!

Come alone and meet new friends or drag your friends or family along for the celebration.

Please let us know if you have any dietary requirements when you book. We also require payment when booking but of course we can make an exception if you have a chat with us.

When: Wednesday 6 October, 12 noon – 2 pm

Where: Dining Room, Mathers House

Cost: \$25 paid when booking

BOOKINGS & PRIOR PAYMENT ESSENTIAL

A poster for a course titled 'Choose to be Calm'. The background is yellow. At the top, the text 'Choose to be' is in blue, and 'Calm' is in a large, blue, cursive font. Below this, it says 'A short course on Positive Thinking, including an introduction to a simple form of meditation.' In the center is a blue silhouette of a person with arms raised. To the left of the silhouette, it says 'Develop personal powers for a calm, positive approach to life'. To the right, it says '(4 continuous sessions of one and a half hours each)'. At the bottom right, it lists the schedule: 'When: Tuesdays 19 & 26 October 2 & 9 November 1.30 pm – 3 pm', the location: 'Where: Lower Level, Mathers House', and the cost: 'Cost: FREE'. At the very bottom, it says 'BOOKINGS ESSENTIAL'. At the bottom of the poster, it says 'Bookings are required: Phone Helen on 6244 8362' and 'This is a free community program'.



Do you wish to learn how to transfer your photos on your phone/tablet to a computer or USB? Learn how to take photos off your email or SMS and save them? Or add photos to an SMS or email? Take part in this informative session and maybe even come for lunch beforehand.

When: Tuesday 19 October, 1 pm – 2 pm

Where: Nell Pascoe Room, Criterion House

Cost: FREE

BOOKINGS RECOMMENDED

Derwent Valley Excursion

Can you see yourself having Devonshire Tea at Glen Derwent Estate? Exploring their gardens, then a drive up to Pulpit Rock for a lookout across the Valley.



Register now to join Chief Explorer Sam Bradley on this Derwent adventure.

When: Monday 15 November, 10 am – 2.30 pm

Meet: 9.45 am – Dining Room, Mathers House

Cost: \$25 – includes bus, tour guide and morning tea

**ONLY 11 SPACES AVAILABLE
BOOKINGS & PRIOR PAYMENT ESSENTIAL**



The Island Study Linking Ageing and Neurodegenerative Disease (ISLAND) Project will involve a range of studies that relate to understanding who is most at risk of

dementia and how we can self manage risk behaviours to build resilience to dementia.

When: Tuesday 16 November, 2 pm – 3 pm

Where: Dining Room, Mathers House

Cost: FREE

BOOKINGS RECOMMENDED

Saxual Feelings – David Boyles

Songs of love (and love gone wrong) will be played on a variety of saxophones across several different genres of music including blues, jazz, pop and rock.

When: Friday 19 November, 2 pm – 3.30 pm

Where: Upper Level, Mathers House

Cost: Gold coin donation

BOOKINGS RECOMMENDED

Wine, Savoury and Song – Jamsetters

Come join us for the final Wine, Savoury and Song for 2021. Jamsetters are a traditional folk group performing well known popular folk tunes encouraging audience participation.

Book early to guarantee a place.

Refreshments will be served.

When: Friday 26 November, 2.30 pm – 4 pm

Where: Dining Room, Mathers House

Cost: \$10 covers entertainment and refreshments

BOOKINGS & PRIOR PAYMENT ESSENTIAL



SPRING EVENTS

SEPTEMBER 2021	Monday 13	Home Fire Safety (11 am – 12 noon)
	Mondays 20, 27	Burlesque Dance Class (2.30 pm – 4 pm)
	Tuesday 21	Protecting Yourself from Elder Abuse (11 am – 12 noon)
	Wednesday 22	Connecting with Confidence (10 am – 12 noon)
	Friday 24	Wine, Savoury & Song – D7 Duo (2.30 pm – 4 pm)
	Tuesday 28	Art from Scratch (1 pm – 3 pm) (6 weeks)
	Tuesday 28	Let's Talk (2 pm – 3.30 pm)
OCTOBER 2021	Monday 4	Mathers House Quiz (10.30 am – 12 noon)
	Mondays 4, 11, 18, 25	Burlesque Dance Class (2.30 pm – 4 pm)
	Tuesdays 5, 12, 19, 26	Art from Scratch (1 pm – 3 pm)
	Wednesday 6	Spring Long Table Luncheon (12 noon – 2 pm)
	Monday 11 – Sunday 17	SENIORS WEEK
	Monday 11	Connecting with Confidence (10 am – 12 noon)
	Monday 11	Generations of Global Gastronomy (12 noon – 2 pm)
	Tuesday 12	Generations of Global Gastronomy (12 noon – 2 pm)
	Tuesday 12	Embracing Positive Thinking (2 pm – 3 pm)
	Wednesday 13	Generations of Global Gastronomy (12 noon – 2 pm)
	Wednesday 13	It's about the Living not the Dying (1 pm – 4 pm)
	Wednesday 13	Centre Euro Wine Tasting (2 pm – 4 pm)
	Thursday 14	Serenity in the City: Meditation (12.30 pm – 1 pm)
	Thursday 14	International Elders Get Together (2 pm – 4 pm)
	Friday 15	Spectacular Parks & Gardens of the World (10 am – 12 noon)
	Friday 15	End-of-Life Choices (10 am – 12 noon)
	Friday 15	Wine, Savoury & Song – The Breed (2.30 pm – 4 pm)
	Sunday 17	An Afternoon at the Proms (2 pm – 3 pm) – at City Hall not Mathers Place
	Tuesday 19	Secret Photo Business (1 pm – 2 pm)
Tuesdays 19, 26	Choose to be Calm (1.30 pm – 3 pm)	
Tuesday 26	Let's Talk (2 pm – 3.30 pm)	
NOVEMBER 2021	Mondays 1, 8, 15, 22	Burlesque Dance Class (2.30 pm – 4 pm)
	Tuesday 2	Art from Scratch (1 pm – 3 pm)
	Tuesdays 2, 9	Choose to be Calm (1.30 pm – 3 pm)
	Monday 15	Derwent Valley Excursion (meet 9.45 am for 10 am – 2.30 pm)
	Tuesday 16	The Island Project (2 pm – 3 pm)
	Friday 19	Saxual Feelings (2 pm – 3.30 pm)
	Friday 26	Wine, Savoury & Song – Jamsetters (2.30 pm – 4 pm)
	Tuesday 30	Let's Talk (2 pm – 3.30 pm)

ONGOING PROGRAMS

MONDAY	<p>10 am – 11 am or 11 am – 12 noon</p> <p>11 am – 1 pm</p> <p>1 pm – 1.45 pm</p> <p>1.30 pm – 3.30 pm</p> <p>2.15 pm – 4.15 pm</p>	<p>Zumba Gold</p> <p>Craft Corner</p> <p>Strength, Flexibility and Balance</p> <p>Mah Jong Monday</p> <p>Knitting Clinic</p>
TUESDAY	<p>By appointment</p> <p>9.45 am – 10 am</p> <p>10 am – 11.30 am</p> <p>11 am – 12 noon</p> <p>12.15 pm – 1 pm</p> <p>2 pm – 3 pm</p>	<p>Trace your Ancestry Online</p> <p>Taketina: The Power of Rhythm</p> <p>The Ukulele Experience (all levels)</p> <p>T'ai Chi</p> <p>Pilates</p> <p>Music Jam Session</p>
WEDNESDAY	<p>10 am – 11 / 11.30 am</p> <p>10 am – 12 noon</p> <p>1 pm – 3 pm</p> <p>4.30 pm – 7.30 pm</p>	<p>T'ai Chi</p> <p>Next Level Ukulele (advanced)</p> <p>Scrabble with Friends</p> <p>Knitterats</p>
THURSDAY	<p>9.45 am – 10.45 am</p> <p>11 am – 12 noon</p> <p>12.30 pm – 1 pm</p>	<p>Sing-a-long</p> <p>Broadway Boogie</p> <p>Serenity in the City: Meditation</p>
FRIDAY	<p>10 am – 12 noon</p> <p>10 am – 12 noon</p>	<p>Midcity School for Seniors 2021</p> <p>IT Learning Club (fortnightly)</p>

ONGOING PROGRAMS

Become a Tech Savvy Senior

One-to-one technology training that focuses on building confidence in dealing with computers, tablets or smart phones.

When: Mondays, Tuesdays and Fridays
by appointment only

Where: Computer Room, Mathers House

Cost: FREE

BOOKINGS ESSENTIAL

Zumba Gold with Ash

The design of this class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination.

We also have loads of fun!

When: Mondays, 10 am – 11 am
or 11 am – 12 noon

Where: Nell Pascoe Room, Criterion House

Cost: \$5 payable on the day

BOOKINGS ESSENTIAL

Craft Corner

Enjoy the company of other crafters while working on your own 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 experience required.

When: Mondays, 11 am – 1 pm

Where: Dining Room, Mathers House

Cost: FREE

NO BOOKINGS REQUIRED

Strength, Flexibility and Balance

As a qualified Fitness Instructor, Hiroko presents a program very popular and effective in building strength and improving balance.

When: Mondays, 1 pm – 1.45 pm

Where: Nell Pascoe Room, Criterion House

Cost: \$5 payable on the day

BOOKINGS ESSENTIAL

Mah Jong Monday

This is Western style Mah Jong following 'The Mah Jong Player's Companion'.

Please do not come prior to 1.30 pm unless you are having lunch.

When: Mondays, 1.30 pm – 3.30 pm

Where: Dining Room, Mathers House

Cost: FREE

NEWCOMERS NEED TO BOOK

Knitting Clinic

Have your stitches got you in stitches? Come along to this free drop in session to get some advice from the brains trust.



You could also just work on a new or old project with some fellow knitters close by. Come have a chat and a cuppa.

When: Mondays, 2.15 pm – 4.15 pm

Where: Nell Pascoe Room, Criterion House

Cost: FREE

NO BOOKINGS REQUIRED



Trace your Ancestry Online

Piece together your story and book into a one-on-one session where you can learn how to use online software to trace your genealogy.

We will be using free software but we can help you better understand for-profit software too.

When: Tuesday afternoons, by appointment

Where: Computer Room, Mathers House

Cost: FREE

BOOKINGS ESSENTIAL

Taketina: The Power of Rhythm



Taketina requires no musical experience and is an extremely playful and joyous way of entering into the archetypal foundations of rhythms that exist in all music.

When: Tuesdays, 9.45 am – 10 am

Where: Dining Room, Mathers House

Cost: FREE

NO BOOKINGS REQUIRED

The Ukulele Experience

Explore the fun world of Ukulele with Sally and Té and learn the basics in playing and singing. All levels welcome. Riffs and extras for experienced players.

Bring your own uke or borrow one of ours. Regular opportunities to perform at Mathers House.

This class includes morning tea.

When: Tuesdays, 10 am – 11.30 am

Where: Lower Level, Mathers House

Cost: \$5 payable on the day

Holidays: 15, 22 & 29 September

NO BOOKINGS REQUIRED

T'ai Chi with John

Professor John Dickey has been practicing Yang-style T'ai Chi since 1983, and for the last seven years has been practicing Wild Goose Chi Gong with Wendy Hartshorn and other Chi Gong forms as taught by Simon Blow.

This practice is primarily for health and well-being and it can improve balance and mobility. Guests are welcome to stay for a free coffee after Wednesday's class only.

When: Tuesdays, 11 am – 12 noon
Wednesdays, 10 am – 11 / 11.30 am

Where: Nell Pascoe Room, Criterion House

Cost: \$2 payable on the day

BOOKINGS ESSENTIAL

Pilates for Older Adults

Hiroko is a qualified Fitness Instructor experienced in assisting people of all ages and fitness levels.

This class is floor based mat work designed to strengthen your core muscles, increase flexibility and improve balance. Bring your own mat or there are some available to borrow.

When: Tuesdays, 12.15 pm – 1 pm

Where: Lower Level, Mathers House

Cost: \$5 payable on the day

Email the instructor with any enquires:
Latindancehobart@gmail.com

BOOKINGS ESSENTIAL

Music Jam Session

Come one, come all. Bring your instrument of choice or check in and see if there is one we can loan you (very limited stock).

Loads of fun to be had by all.

When: Tuesdays, 2 pm – 3 pm

Where: Nell Pascoe Room, Criterion House

Cost: FREE

NO BOOKINGS REQUIRED



Next Level Ukulele Group

Johnny is an accredited ukulele teacher offering this 12 week course to teach players who have already had some experience with their instrument and would like to progress a little further.

When: Wednesdays, 10 am – 12 noon
(8 September – 24 November; please note there will be no class on 22 September)

Where: Lower Level, Mathers House

Cost: \$10 per class; \$100 for the term

ONLY 12 SPACES AVAILABLE
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: Dining Room, Mathers House

Cost: FREE for scrabble (lunch at own cost)

NO BOOKINGS REQUIRED

Knitterats

We are a small community of knitters extending an invite to anyone interested in joining us. Work on your own projects in your own time.



Stay as long or little as you like.

When: Wednesdays, 4.30 pm – 7.30 pm

Where: Nell Pascoe Room, Criterion House

Cost: FREE

NO BOOKINGS REQUIRED

Sing-a-long

Come and sing popular songs in a friendly, relaxed atmosphere. Enthusiasm is more important than a great singing voice.

This class includes morning tea.

When: Thursdays, 9.45 am – 10.45 am

Where: Lower Level, Mathers House

Cost: \$5 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. Book in and enjoy the fun.

When: Thursdays, 11 am – 12 noon

Where: Nell Pascoe Room, Criterion House

Cost: \$5 payable on the day

BOOKINGS ESSENTIAL

Serenity in the City: Meditation

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

Where: Lower Level, Mathers House

Cost: FREE

NO BOOKINGS REQUIRED

Midcity School for Seniors 2021

This popular speaker's program welcomes ongoing and new members.

New enrolment enquiries can be made via phone with registration finalised at a later date.

When: Fridays, 10 am – 12 noon

Where: Nell Pascoe Room, Criterion House

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

Holidays: 9 and 16 July

BOOKINGS ESSENTIAL on 6234 1441

Information Technology (IT) – Learning Club

These meetings are broader conversations about IT, like data and downloading, safety online, emails and e-tickets.

There are 10 meetings in each half year.

When: Fridays fortnightly, 10 am – 12 noon

Where: Lower Level, Mathers House

Cost: FREE (morning tea included)

ENQUIRIES & BOOKINGS to Rosa on 0418 649 024