

AUTUMN March – May 2024



Mathers House Cafe

In the heart of Hobart, you can find Mathers House Café; a lively, friendly place where the food is freshly cooked in the morning and will make your senses sing.

Sight: as you enter you will see the light streaming through the floor to ceiling windows.

Sound: happy chatter and bubbly music.

Smell: the aroma of milled coffee beans and food being prepared in the kitchen.

Taste: freshly baked scones with homemade jam and whipped cream and our daily changing 3-course lunch menu.

Touch: a powerful and universal way to communicate that brings comfort, support and kindness.



Run by our experienced chef Sebastian, and supported by a team of wonderful volunteers, we serve lunch Monday to Friday from 12pm – 1.30pm. The 3 course menu starts with a soup, mains catering to all tastes including a vegetarian option and finishing with a delicious dessert.

FULL AUTUMN ACTIVITIES PROGRAM INSIDE



City of **HOBART**

Message from the Mathers House Coordinator

It's been five months since I started in the role of Coordinator, and I am excited to see what this year will bring to Mathers House.

We are in a unique position situated in the heart of Hobart providing a vibrant and fun place for our community to get together, learn, be entertained, get healthier, eat, drink and be merry.

Our chef Sebastian has settled in and brings to our 30-seat café wonderful food that is being well received by all. Many come back each day as they can't find better value or a place as welcoming.

Our volunteers love to come in and work alongside staff to provide an entertaining environment for those who attend.

We are expanding our programs to capture the needs of all who use the centre and are always looking for new ideas of what we can offer. If there is a new activity you want to see in our program, come in and have a chat.

We are currently developing a robust program to work with students who are looking to develop their skills to enter the workforce to help out with our food and activity programs.

I am always available for constructive feedback as to how we can improve our services or to hear how you have enjoyed yourself.

We look forward to a very successful 2024.
Denise

Special events



St Patricks Day Irish themed lunch

Celebrate Irish culture and heritage with good food and company.

Friday 15 March, 12 pm
3 course set menu of favourite Irish food
\$17.00

Harmony Day Long table lunch

Harmony Week recognises our diversity and brings together Australians from all different backgrounds. Join us on this special day for great food and music from around the world.

Tuesday 19 March 12 pm
5 courses of multicultural food
\$30 (first drink included)

Mothers Day high tea

Celebrate motherhood and learn how to make a flower table setting with Glenda from The Flower Shop

Wednesday 8 May 2.30 pm – 4 pm
\$20.00

No normal lunch service during themed lunches. Bookings essential.

**Call 6234 1441 or email
mathershouseshouse@hobartcity.com.au**



Musical highlights

Tune up @2:

Australian Army Band

A family focused variety concert with an ANZAC theme. Proceeds will go to Health with Dignity, which provides free GP visits to people in extreme need.



Sunday 14 April, 2-3pm, City Hall
Gold coin donation on the door

Wine, Savoury and Song events

Jamsetters St.Patrick's Day

Jamsetters are a four-piece string group performing an eclectic mix of popular hits across the ages. They will



be playing Irish themed songs in honour of the upcoming St Patrick's Day holiday.

Friday 15 March, 2.30-4pm.
\$15.00

"Rewind"

(Trish Ollman)

Come and enjoy Rewind as she sings and dances along to hits from the 50s, 60s and 70s. With more than 500 songs in her repertoire there's sure to be some of your favorites.

Friday 26 April, 2.30-4pm.
\$10.00



The Breed

A Mathers House favorite, the Breed have been recreating the sounds of the Beatles, Rolling Stones, the Kinks, the Monkees and the Hollies to happy audiences everywhere.

Friday 31 May 2.30-4pm.
\$15.00



Wine, Savoury and Song events include nibblies and drink. To book a musical event call 6234 1441 or email mathershouseshobartcity.com.au
Pay on the day if space allows.

Weekly activities

























Lifelong learning



Fitness



Health and wellbeing

Day		Activity	Time	Location	
Monday		Digital / IT Basics	By appointment	MDR	
		Zumba Gold with Ash	10 – 11am	CH	
		Stronger for Longer	1pm – 1.45pm	CH	
		Mahjong Monday	1.30 – 3.30pm	MDR	
		Five Crowns	2pm	LM	
		Hobart Ukulele Group	7pm	MDR	
Tuesday		Digital / IT Basics	By appointment	MDR	
		Pilates Balance and Stretch	10 – 11am	LM	
		T'ai Chi	11am – 12pm	CH	
		Laughing Yoga	1 – 1.45pm	LM	
		Art	1 – 3.30pm	CH	
Wednesday		Acting	10am – 12pm	LM	
		T'ai Chi	10 – 11am	CH	
		Yoga with Shannon	12.30pm – 1.15pm	CH	
		Scrabble with Friends	1 – 3 pm	MDR	
Thursday		The Ukelele Experience	9.30 – 11am	LM	
		Broadway Boogie with Ash	10 – 11 am	CH	
		Mathers House Choir	11am – 12pm	LM	
		Guided Meditation	12.30pm – 1pm	LM	
Friday		Digital / IT Basics	By appointment	LM	
		Midcity School for Seniors	10 am – 12pm	CH	
Saturday		Pilates Balance and Stretch	10 – 11.30am	CH	

LM = Lower Mather, **MDR** = Mathers Dining Room, **CH** = Criterion House

	Description	Cost	Booking
	One-on-one basic technology coaching – phones, tablets, laptops and computers.	Free	Required
	Low intensity exercise with easy-to follow choreography.	\$8	
	Exercise class suitable for all levels. Cardio, resistance and strength. With Manu or Emma. No class 25 March.	\$10	
	Skilled game played with tiles.	Free	
	A card game to help improve your memory, similar to gin-rummy. Easy to learn.	Free	
	Any ability welcome. Request in advance to borrow ukes.	Gold coin donation	Required
	One-on-one basic technology coaching – phones, tablets, laptops and computers.	Free	Required
	Working on mind-body connection. Balance, stretch and lengthen. With Jess or Manu. No class 26 March.	\$10	
	Improve health, wellbeing, balance and mobility.	\$2	
	Combines laughter, clapping and breathing into an exercise routine. Fortnightly from 5 March.	Free	
	Art classes with lleigh that focus on different artists' styles each week	\$15	
	Learn the fundamentals of acting skills and then apply to a performance at the start of Winter. Classes start 20 March	\$30 for term	
	Improve health, wellbeing, balance and mobility.	\$2	
	Great intro to yoga that increases stability and movement.	8 or 10 class pass \$50	Call 0451 278 765
	Friendly game. Players usually meet at 12 noon for lunch beforehand (at own cost).	Free	
	Learn basics of playing and singing. Includes morning tea.	\$5	
	Low impact musical theatre style movement class – no singing involved.	\$8	
	Be part of our first choir. Fortnightly from 7 March.	\$2	
	1 hour 30 minute guided meditation with Helen.	Free	
	One-on-one basic technology coaching – phones, tablets, laptops and computers.	Free	Required
	Popular speakers program.	\$30 annual fee + \$2 for morning tea	
	Working on mind-body connection. Balance, stretch and lengthen. With Jess.	\$10	

March program













Lifelong learning



Fitness



Health and wellbeing

Date	Activity	Time	Location	
1	 Information on Technology	1 – 3pm	LM	
1	 Book Club	1 – 3pm	LM	
6	 Tango	2 – 3pm	MDR	
11	CLOSED FOR EIGHT HOUR DAY PUBLIC HOLIDAY			
15	 Information on Technology	10am – 2pm	LM	
15	 St Patrick's Day Irish themed lunch	12pm	LM	
15	 Wine, Savoury and Song: Jamsetters	2.30pm – 4pm	MDR	
18	 Coffee Walk	10am	Off site	
18	 Quiz	11am	LM	
19	 Harmony Day Long Table Lunch (Normal cafe closed)	12pm	MDR	
27	 Dementia Friendly Cafe	10am – 2pm	MDR	
29	CLOSED FOR GOOD FRIDAY PUBLIC HOLIDAY			
30	CLOSED FOR EASTER SATURDAY PUBLIC HOLIDAY			

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Community Program Spotlight

Mathers House is a place for seniors but we also provide a space for community organisations running outreach and support programs.

Short of a Sheet is a non-religious, not for profit organisation working to support those at risk of or experiencing homelessness in Hobart.

They are a very small team, 100% volunteer run and receives no regular funds, so rely completely on our wonderful community for donations. If you would like to donate toiletries, tinned food or snacks, the Short of a

Sheet distribution box is located in the foyer of Mathers House, enabling those in need to come in and take directly from the box.

Mathers House also will collect clean and in good condition clothing, shoes, bed sheets and blankets for Short of a Sheet pickup.

Donations of funds can also be made directly. Visit www.fb.com/shortofasheet to find out how.



Description	Cost	Booking
Range of topics. App technology. Smart phones and tablets.	Free	
Meets first Friday of the month. One book per month. Coffee included.	\$2.00	
Learn to Tango with guided sessions (weekly during March).	\$5.00	
Range of topics. App technology. Smart phones and tablets.		
3 course set menu of favourite Irish food	\$17	Required
An evening soiree with live music, nibbles and a drink.	\$15	
Meet at the main gate of the Botanical Gardens. Take a stroll together. Bring money for a cuppa or a thermos. Weather permitting.		
Put your knowledge to the test with this fun event.	Free	
5 courses of multicultural food (first drink included)	\$30	Required
Creative and social activities that benefit the health and wellbeing of those affected by dementia.	\$5	

Join the choir

Betty and her friends are starting a choir. It will be every second Thursday at 11am in Lower Mathers House. According to the University of Oxford study music making exercises the brain (encourages the release of feel-good chemicals) as well as the body, but singing is particularly beneficial for improving breathing, posture and muscle tension, as well as having fun.... and you may even enjoy yourself.



April program



Lifelong learning



Fitness



Health and wellbeing

Date	Activity	Time	Location	
1	CLOSED FOR EASTER MONDAY PUBLIC HOLIDAY			
2	CLOSED FOR EASTER TUESDAY PUBLIC HOLIDAY			
5	 Book Club	1 – 3pm	LM	
8	 Coffee Walk	10am	Off site	
9	 Choose to be calm	1 – 2.30pm	LM	
15	 Quiz	11am – 12pm	LM	
16	 Choose to be calm	1 – 2.30pm	LM	
23	 Choose to be calm	1 – 2.30pm	LM	
24	 Dementia Friendly Café	10am – 12pm	MDR	
25	CLOSED FOR ANZAC DAY PUBLIC HOLIDAY			
26	 Wine, savoury and Song: Rewind	2.30 – 4pm	MDR	
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Coffee Walk

Our regular monthly Coffee Walk guide Amanda has retired. Rather than let coffee walks go, we have organized a monthly date and time to meet. All you need to do is show up at the location at 10am, meet the others and start walking toward your caffeination destination.

If you would like to step up and lead the group, please get in touch.

18 March Botanical Gardens, meet at the front gate on Lower Domain Road

8 April Meet at Casino Lawns and walk to Seagrass Café

13 May Meet at Bellerive Yacht Club to walk to Hurricanes Café at Blundstone Arena



Description	Cost	Booking
Meets first Friday of the month. One book per month. Coffee included.	\$2	
Meet at Casino Lawns and take a 30-45min stroll to Seagrass Cafe. Bring money for your coffee. Weather permitting.	Free	
1 hour 30 minute guided meditation with Helen	Free	
Put your knowledge to the test with this fun event.	Free	
1 hour 30 minute guided meditation with Helen	Free	
1 hour 30 minute guided meditation with Helen	Free	
Creative and social activities that benefit the health and wellbeing of those affected by dementia.	\$5	
An afternoon soiree with live music, nibbles and a drink.	\$10	

Choose to be Calm

Develop personal empowerment for a peaceful and positive life. Includes an introduction to a simple form of meditation.

1 pm April 9, 16 and 23.

Free class. Call Helen on 0408 872 258 to book.



May program

● Lifelong learning

● Fitness

● Health and wellbeing

Date	Activity	Time	Location	
3	● Book Club	1 – 3pm	LM	
8	● Mother's Day High Tea	2.30 – 4pm	MDR	
13	● Coffee Walk	10am	Off site	
3	● Quiz	11am	LM	
31	● Wine, savoury and Song: The Breed	2.30 – 4pm	MDR	

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Staying Connected Online

A quarter of Australians aged 65 and over live alone.

Engaging with others through social media can help to prevent social isolation.

Melbourne University researchers used a simple social networking app designed to be easy, fun and safe to use, to explore how social technologies can be used to help alleviate older people's experience of social isolation.

Participants would post captioned photos of their daily life. Comments ranged from the enjoyment of being part of a group to having regular conversations and sharing information about day-to-day activities.

If you would like to learn some new or additional skills at using social media, the internet or how to email, we offer digital tutoring one-on-one Mondays, Tuesdays and Fridays. To book, call 03 6234 1441 or email mathershous@hobartcity.com.au.



Description	Cost	Booking
Meets first Friday of the month. One book per month. Coffee included.	\$2	
Celebrate motherhood and learn how to make a flower table setting	\$20	Required
Meet Bellerive Yacht Club walk to Hurricanes Café, Blundstone Arena Bring money for a cuppa or a thermos. Weather permitting.	Free	
Put your knowledge to the test with this fun event.	Free	
An evening soiree with live music, nibbles and a drink.	\$15	

7 daily habits of people happy in retirement

1. Start with a morning ritual as soon as you wake up – something that brings you joy or a sense of calm.

Try a regular freshly brewed coffee from 10am at the Mathers House café

2. Embrace routine, but don't spurn spontaneity – find a balance.

Join a regular Mathers House Class or drop in on the day.

3. Stay connected with loved ones – spend time or talk to your family and friends.

Come along to our Staying Connected Online 1:1 training

4. Keep your mind sharp – continue learning and adapting regardless of age.

Join one of our educational or brain games activities such as Midcity School for Seniors, Mahjong, Scrabble, Book Club or Acting class.

5. Make peace with aging – growing old is challenging but it's a part of life and it's okay.

Find your inner peace with Calm in the City meditation classes on Thursdays.

6. Find joy in giving back – find a deep sense of fulfillment in helping others.

Become a volunteer with Mathers House or one of the City of Hobart's many opportunities at hobartcity.com.au/volunteering. If you have a skill to share talk to us about starting a group.

7. Nurture your physical health – incorporate healthy habits into your daily routine.

Join a morning exercise class:

- Monday Zumba Gold
- Tuesday Pilates Balance & Stretch
- Wednesday Tai Chi
- Thursday Broadway Boogie
- Once a month Coffee Walks



Go digital and stay up to date with what's on at Mathers House

Stay up to date by joining our email newsletter. You'll receive:

- New events that didn't make it into print
- Updates to any major changes to the activities listed
- A PDF of the program you can view on your device or print at home

Fill in the form at:

hobartcity.com.au/positive-ageing

or email:

mathersplace@hobartcity.com.au

If you have already gone digital please let us know so we can remove you from the hard copy post list.

Email mathersplace@hobartcity.com.au

The trees will thank you.

Room bookings available for community groups and individuals.

Visit hobartcity.com.au/venues

Opening hours: 9.30am-3pm,
Monday to Friday
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